

NOVEMBER 2023

Cascade Public School



School Information: Thanksgiving Break NOV. 22-23
Happy Thanksgiving



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Spaghetti
Green Beans
Garlic Bread **1**

Ham
Scalloped Potatoes
Corn
Roll
Potato Bar **2**

National Sandwich Day **3**

Mexican Pasta
Refried Beans
Carrots **6**

Egg Rolls
Chicken Dumplings
Fried Rice **7**

Pulled Pork Sandwich
Tater Tots
Coleslaw **8**

Sloppy Joes
Veggie Cups
Ranch Potatoes **9**

10

Pizza
Tossed Salad **13**

Soft Tacos
Refried Beans
Corn **14**

Roasted Chicken
Rice Pilaf
Green Beans **15**

Rib Patty Sandwich
French Fries
Green Beans **16**

17

Chicken Strips
Sweet Potato Fries
Fresh Veggies **20**

Sliced Turkey & Gravy
Mashed Potatoes
Corn
Cranberry Sauce
Dinner Roll **21**

NO SCHOOL **22**

NO SCHOOL **23**

24

Chicken Alfredo
Tossed Salad
Bread Sticks **27**

Hamburgers
French Fries
Baked Beans **28**

Burritos
Spanish Rice
Corn **29**

Grilled Cheese
Tomato Soup
Tossed Salad **30**