

NOVEMBER

MONDAY

1

Sunrise Stick

Bean & Cheese Burrito
with Salsa Rice
and Corn

TUESDAY

2

Chicken and Waffles

Philly Cheese Sandwich
with Sweet Potato Fries
and Jello

WEDNESDAY

3

Parfait

Pork Chop with
Mashed Potatoes & Gravy
with Roll and Peas

THURSDAY

4

Pancake Sausage Bites

Orange Chicken
over Rice

FRIDAY

5

French Toast

Chicken Nuggets
with Roll

8

Waffles

Nachos with
Meat and Beans

9

Breakfast Burrito

Meatball Sandwich
with Sweet Potato Fries

10

Cheese Omelet

Chili Fritos

11

Breakfast Pizza

Chicken Wings with
Rice Pilaf

12

French Toast Sticks

Corn Dog
with Tator Tots

15

Sunrise Stick

Chicken Quesadilla
with Salsa Rice
and Beans

16

Chicken and Waffles

Chicken Patty Sandwich
with Brownie

17

Parfait

Breakfast Sandwich
with Parfait

18

Pancake Sausage Bites

Sweet & Sour Chicken
over Rice with
Steamed Veggies

19

French Toast

Cheese Pizza

22

Waffles

Rib-B-Q Sandwich
with Sweet Potato Fries

23

Breakfast Burrito

Pizza Rippers with
Marinara Sauce

24



25

Happy Thanksgiving!

26

29

Sunrise Stick

Bean and Cheese
Burrito with
Salsa Rice
and Corn

30

Chicken and Waffles

Philly Cheese Sandwich

Here's an interesting piece of Thanksgiving food trivia: Though it's become a staple on Thanksgiving tables across the country in years since, turkey probably wasn't on the menu at the first Thanksgiving feast shared by the pilgrims and the Wampanoag native people. Instead, they were more likely to feast on venison and even seafood, given how plentiful things like mussels, clams, and lobster are in Massachusetts.

This institution is an equal opportunity provider. Menu subject to change.

Mana Academy Menu