

WHAT'S ON THE MENU?

November 2023

Rogers International

Supper

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

- Supper
- Turkey, Turkey Ham, & Cheese Sub
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

2

- Supper
- Nachos, Cheese, & Salsa Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

3

- Supper
- Yogurt & Graham Cracker Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

6

- Supper
- Muffin, Yogurt & Cheese Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

7

- Supper
- Fruit & Dairy Snack Trio
 - Strawberry Nutrigrain Bar
 - Graham Crackers
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

8

- Supper
- Turkey, Turkey Ham, & Cheese Sub
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

9

- Supper
- Nachos, Cheese, & Salsa Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

10

13

- Supper
- Muffin, Goldfish & Yogurt Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

14

- Supper
- Fruit & Dairy Snack Trio
 - Strawberry Nutrigrain Bar
 - Graham Crackers
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

15

- Supper
- Turkey, Turkey Ham, & Cheese Sub
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

16

- Supper
- Nachos, Cheese, & Salsa Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

17

- Supper
- Yogurt & Graham Cracker Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

20

- Supper
- Muffin, Yogurt & Cheese Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

21

- Supper
- Fruit & Dairy Snack Trio
 - Strawberry Nutrigrain Bar
 - Graham Crackers
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

22

- Supper
- Turkey, Turkey Ham, & Cheese Sub
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

23

- Supper
- Nachos, Cheese, & Salsa Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments
- 1% Low-fat Milk

24

27

28

29

30

Menu Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

ALL MEALS INCLUDE CHOICE OF ENTREE OR ALTERNATE ENTREE; FRUIT AND/OR VEGETABLE; MILK CHOICE - WHITE OR CHOCOLATE
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