

Rancho Heritage School



Busy Bees' Lunch Menu

November 2022

Milk or Water Fresh Fruit (Banana, Orange, or Melons) are served with every meal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Bean & Cheese Burritos with Mixed Vegetables	2 Lasagna with Beef Sauce & Tossed Green Salad	3 Teriyaki Chicken Steamed Vegetable & Rice	4 Whole Wheat Cheese Pizza & Tossed Green Salad	5
6	7 Spaghetti Marinara Sauce & Beef Meatball & Green Bean	8 Quesadillas & Steamed Mixed Vegetable	9 Chicken Breast Patty Sandwich & Steamed Corn (Ranch, BBQ & Ketchup)	10 Turkey Sandwich and Steamed Corn	11 Whole Wheat Cheese Pizza & Tossed Green Salad	12
13	14 Bean & Cheese Burritos with Mixed Vegetables	15 Grilled Cheese Sandwich & Steamed Mixed Vegetable	16 Chicken Nuggets French Fries & Steamed Green Bean (Ranch & Ketchup)	17 Chicken Taquitos, & Spanish Rice with Corn	18 Whole Wheat Cheese Pizza & Tossed Green Salad	19
20	21 Macaroni & Cheese & Mixed Vegetable	22 Chili Cheese Fries & Corn	23 Roasted chicken Mashed Potato Green Bean, Yams, Pumpkin Pie	24 Thanksgiving RHS Closed	25 Day After Thanksgiving RHS Closed	26
27	28 Spaghetti Marinara Sauce & Beef Meatball & Green Bean	29 Chicken Nuggets French Fries & Steamed Green Bean (Ranch & Ketchup)	30 Turkey Sandwich and Steamed Corn			