

# NOVEMBER 2023

## COMANCHE PRE-K

### MONDAY

#### ***DID YOU KNOW?***

Native American Heritage Month first evolved from "American Indian Week," which President Reagan proclaimed on the week of November 23-30, 1986. In 1990, President George H. W. Bush approved a joint resolution designating November 1990 as National American Indian Heritage Month, commonly referred to as Native American Heritage Month.

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### BREAKFAST

MONDAY:  
PANCAKE WRAP  
YOGURT  
FRUIT  
MILK

TUESDAY:  
MUFFIN  
CHEESE STICK  
FRUIT  
MILK

WEDNESDAY:  
SAUSAGE  
EGG  
BISCUIT  
FRUIT  
MILK

THURSDAY:  
FRENCH TOAST  
BACON  
FRUIT  
MILK

FRIDAY:  
PANCAKES  
OATMEAL  
FRUIT  
MILK

EVERYDAY OPTION:  
CEREAL  
GRAHAM CRACKER  
FRUIT  
MILK

"This provider is an equal opportunity provider."

6

POTATO BOWL  
ROLL  
SNOWBALL SALAD  
MILK

7

CHICKEN SANDWICH  
BEANS  
FRUIT  
MILK

8

X-TREME BURRITO  
CORN  
FRUIT  
MILK

9

HAMBURGER STEAK  
POTATOES  
FRUIT  
MILK

10

PIZZA  
SALAD  
GREEN BEANS  
FRUIT  
MILK

13

CHILI CHEESE TOTS  
CORNBREAD  
CORN  
FRUIT  
MILK

14

CHEESEBURGER  
SALAD  
SWEET POTATO FRIES  
FRUIT  
MILK

15

CHICKEN NUGGETS  
MAC & CHEESE  
SQUASH  
FRUIT  
MILK

16

MEAT & CHEESE  
CHALUPAS  
BEANS  
FRUIT  
MILK

17

X-TREME BURRITO  
CORN  
CUCUMBERS  
FRUIT  
MILK

20

21

22

23

24

**HAPPY THANKSGIVING**

**FROM: GLORIA, CHRISTINA, MARGIE, PAT, AMELIA,  
& KARINA**

27

CHICKEN NUGGETS  
ROLL  
GREEN BEANS  
FRUIT  
MILK

28

BREADED DRUMSTICK  
BISCUIT  
GARDEN SALAD  
FRUIT  
MILK

29

FRITO PIE  
BEANS  
FRUIT  
MILK

30

CHEESY BREAD STICKS  
BROCCOLI  
MARINARA SAUCE  
FRUIT  
MILK