



# NOVEMBER 2020

## Super Snack Menu

Food & Nutrition  
JO COMBS

### Monday

2  
PBJ Protein Pack  
Celery Sticks  
Fresh Pear  
Milk

### Tuesday

3  
Yogurt Parfait  
with Granola  
Baby Carrots  
Milk

### Wednesday

4  
Chef Salad with  
Dinner Roll  
Fruit Juice  
Milk

### Thursday

5  
Pretzel & Cheese Sauce  
Apple Slices & PB cup  
Baby Carrots  
Milk

### Friday

6  
Turkey & Cheese Sandwich  
Cucumber Slices  
Raisins  
Milk

9  
Yogurt Protein Pack  
Baby Carrots  
Sliced Peaches  
Milk

10  
Ham & Cheese Sandwich  
Cucumbers  
Raisins  
Milk



12  
PBJ Protein Pack  
Celery Sticks  
Fresh Pear  
Milk

13  
Cheese Nachos  
Baby Carrots  
Apple Slices & PB Cup  
Milk

16  
Smoothie Protein Pack  
Baby Carrots  
Milk

17  
PBJ Protein Pack  
Celery Sticks  
Fresh Pear  
Milk

18  
Crispy Chicken Salad  
with Dinner Roll  
Fruit Juice  
Milk

19  
Pizza Protein Kit  
Applesauce  
Milk

20  
Turkey Roll Up  
Cucumber Slices  
Fresh Apple  
Milk

November 23th to 27th

Happy Thanksgiving Week!!

30  
PBJ Protein Pack  
Celery Sticks  
Fresh Pear  
Milk



Questions? Please contact Yezica Hostetler, Food & Nutrition Supervisor at  
(480)987-5311 or yhostetler@jocombs.org

Menu Items may change due to availability. This is an equal opportunity provider