

November 2024 Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
V = vegetarian Vegan = no meat, eggs, or dairy					1 AM: French Toast, Grapefruit <i>V: ok; Vegan: no French toast</i> PM: String Cheese, Crackers <i>V: ok; Vegan: no cheese</i>	2
3	4 AM: Yogurt & Blueberries <i>V: ok; Vegan: no yogurt</i> PM: Pinto Bean & Brown Rice Burritos <i>V & Vegan: ok</i>	5 AM: Scrambled Eggs, Pita <i>V: ok; Vegan: no eggs</i> PM: Bow Tie Pasta & Roasted Vegetable Salad with Garbanzo Beans <i>V & Vegan: ok</i>	6 AM: Cream of Wheat, Watermelon <i>V & Vegan: ok</i> PM: Quesadillas, Apples <i>V; ok; Vegan: no quesadilla</i>	7 AM: Pancakes, Bananas <i>V: ok; Vegan: no pancake</i> PM: Tuscan White Bean Dip with Jicama Sticks <i>V & Vegan: ok</i>	8 AM: Oatmeal, Pears <i>V & Vegan: ok</i> PM: Quinoa Primavera, Cucumbers <i>V & Vegan: ok</i>	9
10	11 AM: Cheerios, Bananas <i>V & Vegan: ok</i> PM: Applesauce, Crackers <i>V & Vegan: ok</i>	12 AM: Potatoes O'Brien, Oranges <i>V & Vegan: ok</i> PM: Black Bean Roll Ups, Cucumbers <i>V & Vegan: ok</i>	13 AM: Cottage Cheese, Blueberries <i>V: ok; Vegan: no cheese</i> PM: Avocado, Pita <i>V & Vegan: ok</i>	14 AM: English Muffin, Strawberries <i>V & Vegan: ok</i> PM: Baked Polenta Cakes with Marinara Sauce <i>V & Vegan: ok</i>	15 AM: Shredded Wheat Cereal, Cantaloupe <i>V & Vegan: ok</i> PM: Hard Boiled Eggs, Rolls <i>V: ok; Vegan: no eggs</i>	16
17	18 AM: Cream of Wheat, Watermelon <i>V & Vegan: ok</i> PM: String Cheese, Crackers <i>V: ok; Vegan: no cheese</i>	19 AM: Bagels, Mozzarella Cheese <i>V: ok; Vegan: no cheese</i> PM: Hummus, Pita <i>V & Vegan: ok</i>	20 AM: Oatmeal, Pears <i>V & Vegan: ok</i> PM: Tuscan White Bean Dip with Jicama Sticks <i>V & Vegan: ok</i>	21 AM: Yogurt, Blueberries <i>V: ok; Vegan: no yogurt</i>	22 AM: Pancakes, Bananas <i>V: ok; Vegan: no pancake</i> PM: Black Bean Roll Ups, Cucumbers <i>V & Vegan: ok</i>	23
24	25 <i>LMUCC CLOSED - PTC Prep</i>	26 <i>LMUCC CLOSED - PTC Prep</i>	27 <i>LMUCC CLOSED - PTC Prep</i>	28 <i>LMUCC CLOSED - University Holiday Thanksgiving</i>	29 <i>LMUCC CLOSED - University Holiday</i>	30