November 2026 Snack Menu

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