

November Menu

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.

Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.

November 5-9

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Grilled Ham and Cheese Sandwich (whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	Tacos (ground beef, cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	BBQ Chicken Sandwich (on a whole wheat bun) Corn Fresh Cucumbers with dip Skim Milk	Hamburger Gravy over mashed potatoes Diced Beets (canned) Whole Wheat Rolls Skim milk	Hot Dogs on a whole wheat bun Pickles Fruit Cocktail Cups Skim milk
Snack	Animal Crackers 100% Fruit Juice	String Cheese Ritz Crackers Water	Yogurt & Whole grain cereal pieces Water	Pretzels 100% Fruit Juice	Wheat Thins 100% Fruit Juice

November 12-16

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Closed - Staff Training Day Happy Veteran's Day Thanks to all who have served!!!!	Muffins (whole grain) Fresh Fruit Skim Milk	Whole wheat Toast w/jam Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch		Bean & Cheese burrito Fresh Baby Carrots w/dip Fresh Salad Skim milk	Corn Dogs (Child Nutrition labeled) Baked Beans (Canned) Pears (canned) Skim Milk	Meat & Cheese Wrap (Assorted meats and cheese slices in a tortilla) Diced Peach Cups Fresh Celery Sticks w/dip Skim milk	Thanksgiving Lunch Turkey Mashed Potatoes w/gravy Corn (canned) Whole wheat rolls Skim milk
Snack		Cottage Cheese & Saltines Water	Teddy Grahams 100% fruit juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Cheesy Crackers Skim Milk

November 19-23

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Whole Grain English Muffins w/ Jam Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Happy Thanksgiving!	Closed
Lunch	Tuna & Cheese Sandwich (on whole wheat bread) Fresh Fruit Baby Carrots w/dip Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Taco Salad (ground beef, cheese & fresh lettuce on whole grain tortilla chips) Ranch Style beans (canned) Skim milk		
Snack	Pretzels 100% Fruit Juice	Sun Butter Dip Apples Water	Yogurt & Whole Wheat Cereal Pieces Ice water		

November 26-30

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Whole wheat toast French Toast Potato Rounds	Bagel w/cream cheese Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Fish Sticks (child nutrition approved) Pears (canned) Mixed Veggies (frozen) Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over egg noodles) Green beans (canned) Skim Milk	Sloppy Joes on whole wheat buns Fresh cucumber spears w/dip Peas (frozen) Skim Milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple (canned) Skim milk	Turkey & cheese Wrap (Turkey & cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
Snack	Animal Crackers 100% Fruit Juice	Oyster Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Saltines Cottage Cheese Water