

November 2019 main menu




Toddler substitution in ()

Breakfast and Lunch: Whole: milk 2yrs-younger, 2%: 3's & 4's, school age

Fruit Selections: Grapes, Apples, Oranges, bananas, pears berries, melons _____ 100% Juice Selections: Apple Grape orange

* wg whole grain

fish in the river : celery(pepper)/ cream cheese/golfish Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					1. oranges/grams/milk
Lunch					beef tacos/shells refried beans fruit
PM Snack					chex mix/ juice
Breakfast	4. wg mini bagels/milk	5 yogurt fruit parfait/milk	6. rice Krispies/banana milk	7. oatmeal/berries/milk	8. raisin bread/milk
Lunch	meatloaf/rolls roasted potatoes fruit	beef and noodles cooked carrots Fresh Fruit	chicken tenders peas fruit	ham and cheese on wheat baked beans Fruit	sesame chicken & noodles cooked broccoli Fruit
PM Snack	Pretzels/ juice	carrots/ dip/ juice	animal crackers/ juice	cheese & wg ritz crackers	cheesy chex mix/ juice
Breakfast	11 Center closed	12. waffles and milk	13. chex cereal/banana/milk	14. english muffins/milk	15. oranges/kix/milk
Lunch	Veteran's day 	chili/crackers roasted corn/ peas Fruit	chicken patty/ wg bun carrots Fruit	mac and cheese peas Fruit	spaghetti/meatballs cooked broccoli Fruit
PM Snack		cucumber coins/ wg club crackers	cheese-its/ juice	tortilla chips/ salsa	junior raisin mix/ juice
Breakfast	18. pears/grams/milk	19. cinnamon toast/milk	20. cheerios/banana/milk	21. cinnamon oatmeal/milk	22. apple squares/milk
Lunch	hamburgers/buns baked beans Fruit	chicken alfredo cooked carrots Fruit	chicken tenders roasted potatoes Fruit	cheese pizza cooked broccoli fruit	chicken and noodles roasted corn/greenbeans fruit
PM Snack	wheat thins/ juice	fish in the river	goldfish/ juice	grape tomatoes/cheese cubes	totillia chips/cheese sauce
Breakfast	25. Peaches/berry kix	26. wg pancakes/milk	27. branflakes/banana/milk	28. Center Closed	29. center closed
Lunch	mac and cheese cooked peas mixed fruit	burgers roasted corn/ peas fruit	spaghetti/meatballs cooked broccoli fruit	 Happy Thanksgiving	Happy thanksgiving 
PM Snack	pita chips/dips/ juice	pepper slices/oyster crackers	oranges/ triscuits		
Breakfast					
Lunch					

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PM Snack