

November 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	2. mini bagels/cream cheese milk	3. yogurt parfait/milk	4. Rice krispies/milk	5. Oatmeal/milk	6. raisin bread/milk
Lunch	butternut squash lasagna green beans fresh fruit	sunbutter apple wrap broccoli salad Fresh Fruit	southwest Lentils carrots fresh fruit	chicken nuggets mashed potatoes fruit	pizza cucumber slices fruit
PM Snack	Pretzels/juice	carrot/dip/ juice	animal crackers/juice	cheese and crackers	chex mix/juice
Breakfast	9. applesauce/grams/milk	10. waffles /milk	11	12.english muffins/jelly/milk	13.oranges/kix/milk
Lunch	pasta with Marinara cheese stick fresh fruit	chicken salad on wg pita cucumber slices Fresh Fruit	no school 	hamburger slider peas Fruit	veggie fritatta biscuit/hashbrowns Fruit
PM Snack	cheese-its/juice	cucumber coins/ club crackers		chips and salsa	junior raisin mix/ juice
Breakfast	16. Yogurt parfait/milk	17. cinnamon toast/milk	18. cheerios /milk	19. Oatmeal /milk	20 banana and grams
Lunch	spaghetti w/ marinara cheese stick/ borccoli fresh fruit	ham sandwich baked beans/cucumber slice Fruit	cheese quesadilla glazed carrots Fruit	chicken nuggets mashed potatoes fresh Fruit	pizza green beans Fruit
PM Snack	wheat thins/ juice	grapes/ club crackers	goldfish/ juice	pita chips/ juice	cheesy chex mix/ juice
Breakfast	23.peaches/berry kix/milk	24.wg pancakes/milk	25.cinnamon toast crunch/milk	26. no school	27. No school
Lunch	mac and cheese peas (corn) fresh fruit	grilled cheese sandwich tomato soup fresh Fruit	chicken fried rice broccoli fresh Fruit		
PM Snack	pita chips/ juice	pepper slices/oyster crackers	oranges/ triscuits		
Breakfast	30. toast with Jelly/juice				
Lunch	alphabet pasta salad broccoli mixed fruit				
PM Snack	pears and pretzels				
Breakfast					
Lunch					

PM Snack

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