

# November 2022 Children's House menu

Toddler substitution in ( )




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

Fruit Selections: Grapes, Apples, Oranges, (bananas, berries, melon

Juice Selections: Apple Grape orange

\* wg whole grain

ants on log/ raft: celery or grams with cream cheese and raisins( banana) Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		1. yogurt parfait/milk	2. rice krispie cereal/milk	3 bagels/creamcheese/milk	4 raisin bread/milk
Lunch		chicken nuggets green beans oranges	turkey wraps carrots grapes	tacos grape tomatoes applesauce	cheese pizza pepper slices fresh fruit
PM Snack		pretzels/juice	animal crackers/Juice	goldfish/club crackers	chex mix/ juice
Breakfast	7. toast/jelly/butter/milk	8. waffles/milk	9. cherrios/milk	10. fruit bars/banana/milk	11. closed
Lunch	Macaroni and Cheese broccoli fresh fruit	Vegetable Beef Soup Pita Bread cucumber slices Fresh Fruit	Chicken and Vegetable Curry brown rice/carrots fresh fruit	Hamburger Slider peas fresh fruit	
PM Snack	tortilla chips/cheese	cheese and crackers	cheese-its /Juice	pepper slices/club crackers	
Breakfast	14 english muffins/milk	15 yogurt parfait/milk	16 cinnamon toast crunch/milk	17.applesauce/gramsmilk.	18.biscuits/jelly/butter/milk
Lunch	Spaghetti with Meat Sauce green beans fresh fruit	ham sandwiches baked beans/cucumbers fresh fruit	Cheese Quesadilla glazed carrots fresh Fruit	chicken nuggets mashed potatoes fresh Fruit	cheese pizza green beans fresh fruit
PM Snack	wheat thins/Juice	grapes and crackers	goldfish/ juice	pita chips/juice	cheese chex mix/Juice
Breakfast	21toast cinnamon/milk	22 panackes/buttter/milk	23 kix cereal / milk	24. closed for thanksgiving	25.Closed for thanksgiving
Lunch	mac and cheese peas (1,T,2) corn (3s 4s) fresh fruit	Grilled Cheese Sandwich Tomato Soup Fresh Fruit	Chicken Fried Rice broccoli fresh fruit		
PM Snack	cucumber slices/crackers	chips and salsa	Vanilla wafers/juice		
Breakfast	28. french toast stick/milk	29. banana/gram/milk	30. wg cereal/milk		
Lunch	Chicken Noodle Soup broccoli fruit	Hot Ham and Cheese tator tots fruit	Beef Enchilada Bake corn fruit		
PM Snack	cheesesticks/ pretzels	junior chex mix/ juice	triscuits and cheese		
Breakfast					
Lunch					