

NOVEMBER 2023 Menu



We are Thankful for YOU!



MILK IS SERVED WITH LUNCH

(Whole milk for children under 2 years; 1% milk for children over 2 years)

Water is offered throughout the day and at meals

Fresh Fruit Options: Apples, Bananas, Oranges, Pears, Grapes, Berries, Melon

Cereal Options: Chex, Cheerios, Corn Flakes, Rice Krispies, Raisin Bran

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 B Oatmeal, Fruit, Milk L Fish Sticks, Green Beans, Fruit S Graham Crackers, Soy Butter, Milk	2 B Cereal, Fruit, Milk L Grilled Cheese Sand., Tomato Soup, Fruit S Trail Mix, Fruit, Water	3 B English Muffin, Fruit, Milk L Lasagna, Peas, Fruit S Rice Cakes, Fruit, Water
6 B Cereal, Fruit, Milk L Meatloaf, Corn, Mashed Potatoes, Fruit, Bread S WG Tortilla Chips, Salsa, Fruit, Water	7 B Fruit and Yogurt Parfait, Water L Chicken Nuggets, Broccoli, Fruit S Veggie Straws, Fruit, Water	8 B Bagels w/Cream Cheese, Fruit, Milk L Meatballs, Carrots, Fruit, Bread S Hummus, Wheat Thins, Fruit, Water	9 B Toast, Fruit, Milk L Mini Corn Dogs, Green Beans, Fruit S String Cheese, Crackers, Fruit, Water	10 B Cereal, Fruit, Milk L Cheeseburger, Peas, Fruit, Bread S Cucumbers, Carrots, Crackers, Water
13 B French Toast Sticks, Fruit, Milk L Hot Dog, Mac & Cheese, Green Beans, Fruit S Cheese Crackers, Fruit, Water	14 B Cereal, Fruit, Milk L Chicken Pot Pie, Carrots, Fruit, Bread S Goldfish Crackers, Fruit, Water	15 B Waffles, Fruit, Milk L Turkey & Cheese Wrap, Broccoli, Fruit S Wheat Thins, Fruit, Water	16 B Cereal, Fruit, Milk L Breakfast Burrito, Peas, Fruit S Trail Mix, Fruit, Water	17 B Oatmeal, Fruit, Milk L Swedish Meatballs, Corn, Fruit, Bread S Animal Crackers, Fruit, Milk
20 B Bagels w/Cream Cheese, Fruit, Milk L Taco, Black Beans, Corn, Fruit S Rice Cakes, Fruit, Water	21 B Pancakes, Fruit, Milk L Salisbury Steak, Mashed Potatoes, Peas, Fruit, Bread S Graham Crackers, Fruit, Milk	22 B Cereal, Fruit, Milk L Chicken Patty, Carrots, Fruit S WG Tortilla Chips, Salsa, Fruit, Water	23 Center Closed 	24 Center Closed 
27 B Toast, Fruit, Milk L Turkey & Cheese Cracker Stackers Green Beans, Fruit S Hummus, Wheat Thins, Fruit, Water	28 B Oatmeal, Fruit, Milk L Chicken & Cheese Quesadilla, Refried Beans, Fruit S Crackers, Cheese, Fruit, Water	29 B Yogurt, Granola, Fruit, Water L Soy Butter & Jelly Sandwich, Carrots, Fruit S Cucumbers, Carrots, Crackers, Water	30 B Cereal, Fruit, Milk L Sloppy Joe Sandwich, Broccoli, Fruit S Veggie Straws, Fruit, Water	