

# NOVEMBER MENU 2021

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 1-5

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole Grain Bagel Fresh Fruit Skim Milk	Whole wheat French Toast Fresh fruit Skim Milk	Muffins (whole grain) Fresh Fruit skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Turkey Dogs on a Whole Wheat Bun Baby Carrots w/dip Pickles Skim milk	Teriaki beef over rice Broccoli (canned) Pineapple(canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Salad Skim Milk	Bean & Cheese burrito's (whole grain tortillas) Green beans Diced Peaches (canned) Skim milk	Chicken, Vegetable and Rice soup Cheese slice Apples Skim Milk
<b>Snack</b>	Oyster Crackers 100 % Fruit juice	Whole grain tortilla Chips & salsa (for toddlers - grated cheese, water	Goldfish crackers Skim Milk	String Cheese Ritz Water	Pretzels 100% Fruit Juice

## November 8-12

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole wheat Bagel w/cream cheese Fresh Fruits Skim Milk	Hardboiled Eggs Bananas Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Pancakes Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Tuna and Cheese Sandwich on whole wheat bread Applesauce Cucumber Spears w/dip Skim milk	Homemade Macaroni and Cheese (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cauliflower w/dip Skim Milk	Taco Soup (tomato based soup with lean ground turkey and mixed veggies with shredded cheese on top) Whole Corn tortilla chips Apples Skim Milk	Omelets Tator Tots Mandarine Oranges (canned) Whole wheat toast Skim milk
<b>Snack</b>	Animal Crackers 100% Fruit Juice	Pita bread (whole grain) w/dip & 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces, water	Graham Crackers Milk	Saltines Cottage Cheese Water

## November 15-19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole wheat Bagel w/cream cheese Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Whole wheat French Toast Fresh Fruit or potato rounds Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
<b>Lunch</b>	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked beans (canned) Pears (canned) Skim milk	Sloppy Joes on whole wheat buns Fresh baby carrots w/dip Green beans (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Corn Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple Skim milk	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Fresh Salad Skim milk
<b>Snack</b>	Wheat Thins 100% Fruit Juice	Goldfish Crackers Milk	Teddy Grahams 100% Fruit Juice	Apples & Chesse Slices Water	Popcorn (WG) 100% Fruit Juice

## November 22-26

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole wheat Bagel w/cream cheese Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk		
<b>Lunch</b>	Ham & Cheese Sandwich on whole wheat bread Baked Fries Apples Skim milk	Baked Turkey Mashed Potatoes w/gravy Mixed Veggies -calif. Blend Whole wheat Rolls Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Baby Carrots w/dip Skim Milk		
<b>Snack</b>	Whole grain tortilla Chips & salsa (grated cheese for toddlers) and water	Pretzels 100% Fruit Juice	Whole wheat bread w/cinnamon butter Milk		

November 29 - Dec. 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole wheat Bagel w/cream cheese Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Wheat French Toast, Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Corn Dog (Child Nutrition approved) Baby Carrots w/dip Baked beans (canned) Skim milk	Tator Tot Cassarole (Salsa ground beef, green beans, tator tots and cheese) Whole Wheat Rolls Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cauliflower w/dip Skim Milk	Chicken Alfredo (chicken, whole grain noodles and alfredo sauce) Peas (frozen) Peaches Skim milk	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Fruit Cocktail Fresh Baby Carrots Skim milk
<b>Snack</b>	Yogurt & Whole grain Cereal Pieces and Water	Graham Crackers Milk	Animal Crackers 100% Fruit Juice	Pita bread (WG) w/dip 100% Fruit Juice	Saltines and Cottage Cheese, Water

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