

November MENU 2022

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 & berries (when in season). We order fresh fruit depending upon the price and availability.

November 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit, milk	Pancakes Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Corn Dog (Child Nutrition approved, with whole grain breeding) Baked Beans (canned) Baby carrots w/dip Skim milk	Shepherd's Pie (mashed potatoes, ground turkey, green beans and cheese) Whole wheat Rolls Skim milk	Pizza from Pizza Hut on (meets the Child Nutrition Requirements) Extra marinara sauce for dipping, cucumber w/dip w/dip, Skim Milk	Chicken Alfredo (chicken, whole grain noodles and alfredo sauce) Peas (frozen) Diced Peaches (canned) Skim milk	Bean & Cheese burritos (whole grain tortillas) Corn Strawberries Skim milk
Snack	Apples & Cheese Slice Water	Pita bread (whole grain) w/hummas, water	Goldfish Crackers (WG) 100% Fruit Juice	Whole wheat bread w/cinnamon butter, Milk	Pretzels 100% fruit juice

November 14-18

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/ Cream Cheese Fresh Fruit, Skim Milk	Hardboiled Eggs Bananas Skim Milk	Muffins (whole grain) Fruit Fresh skim Milk	Oatmeal (whole grain) w/brown sugar Fresh Fruit, Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Brunch Day: Cheese Omelets Tator Tots Blueberries Whole wheat Toast Skim milk	Sloppy Joes (lean gr. Beef) on whole wheat buns Baby Carrots w/dip Diced Pears (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cauliflower w/dip Extra marinara sauce for dipping, Skim Milk	Sweet and Sour Chicken over brown rice Broccoli (frozen) Pineapple (canned) Skim milk	Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn chips) Ranch Style beans (canned) Skim milk
Snack	Animal Crackers Milk	Tricuits (whole grain) 100% Fruit Juice	Yogurt & Whole Grain Cereal Pieces, Water	grahams crackers Milk	Cottage Cheese Saltines, water

November 21-25

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Bagel w/cream cheese Fresh Fruit, Skim Milk	Muffins (whole grain) Fresh Fruit skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk	Happy Thanksgiving	Closed
Lunch	Ham and Cheese Sandwich on whole wheat bread Diced peaches (canned) Cucumber Spears w/dip Skim milk	Thanksgiving Lunch Turkey Mashed Potatoes w/gravy Corn Whole wheat Rolls Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Baby Carrots w/dip Extra marinara sauce for dipping, Skim Milk		
Snack	String Cheese & Ritz, water	Wheat Thins (WG) 100% Fruit Juice	Tiger Bite grahams (WG) Milk		

November 28-December 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit & Skim Milk	Pancakes Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Turkey dogs on a whole wheat bun Baked beans (canned) Fruit Cocktail (canned) Skim milk	Teriaki Beef (lean gr. beef) over brown rice Broccoli (frozen) Pineapple (canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Salad Extra marinara sauce for dipping, Skim Milk	Chicken Taco Soup made with a tomato broth, veggies and shredded cheese Whole Corn Tortilla Chips Fresh Cauliflower w/dip Skim Milk	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Green Beans (canned) Skim milk
Snack	Apples & Cheese Slice Water	Whole wheat bread w/cinnamon butter, Milk	Goldfish Crackers (WG) 100% Fruit Juice	Pita bread (whole grain) w/hummas, water	Pretzels 100% fruit juice

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