

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
November 1-3 Breakfast			French Toast Sticks, mandarin oranges & milk	Nutra Grain Bars, bananas & milk	Pancakes, strawberries & milk
Lunch			Sun Butter & Jelly on whole grain bread, broccoli, pears, & milk	Chicken nuggets, corn, peaches, whole wheat bread & milk V: Veggie Nuggets	Chicken Alfredo, garlic bread, green beans, mixed fruit & milk V: Plain Alfredo
Snack			Pretzels & water	Goldfish & water	Animal Crackers & water
November 6-10 Breakfast	Whole grain cheerios, bananas & milk	Bagels with Cream Cheese, Peaches & Milk	Whole grain pancakes, pears & milk	Nutra grain bars, honeydew, cantaloupe & milk	Biscuits with fruit spread, applesauce & milk
Lunch	Sun butter and jelly on whole grain bread, sweet potato fries, applesauce & milk	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk	Taco bake with veggie crumbles, lettuce, tomato, whole grain rice, pineapples, & milk	Chicken Patty on whole wheat bun, mashed potatoes, bananas & milk V: Veggie Patty	Whole wheat Spaghetti, red sauce, veggie meatballs, garlic bread, broccoli, mixed fruit & milk
Snack	Veggie Straws & water	V: cheese sandwich Yogurt & water	Animal crackers & water	Graham crackers & water	Goldfish & water

V: Vegetarian Option

November 13-17	Breakfast	Kix Cereal, Bananas & Milk	Whole Grain Pancakes, Strawberries & Milk	Nutra grain bars, pears & milk	French toast sticks, oranges & milk	Toasted bagel with cream cheese, strawberries & Milk
	Lunch	Grilled cheese on whole grain bread, mixed vegetables, applesauce & Milk	Cheese Ravioli, Green Beans, Garlic Bread, mandarin oranges & Milk	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: Cheese Sandwich	Vegetarian beans, broccoli, peaches, whole grain bread & Milk	Cheese Pizza on whole grain bread, green beans, mixed fruit & Milk
	Snack	Veggie Straws & Water	Yogurt & Water	Graham Crackers & Water	Pretzels & water	Goldfish & water

November 20-22	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheerios, bananas & milk Sun butter & Jelly on whole grain bread, mixed vegetables, applesauce & milk Veggie Straws & Water	Waffles, strawberries & milk Spaghetti with veggie meatballs, garlic bread, broccoli, peaches & milk Yogurt & water	Nutra grain bars, pineapples & milk Turkey and cheese on whole grain bread, cucumber and carrots slices, apples & milk V. Cheese Sandwich Cinnamon graham crackers and water	Happy Thanksgiving Closed	Closed

V: Vegetarian Option

November 27-30					
Breakfast	Cheerios, bananas & milk	Waffles, strawberries & milk			
Lunch	Vegetarian beans, whole grain bread, broccoli, pears & milk	Cheese pizza on whole grain bread, green beans, pineapple & milk			
Snack	Veggie straws & water	Pretzels & water			

V: Vegetarian Option