



Monthly Menu November 2021

Menu for Week 1

Day of the Week	Breakfast	Lunch	Snack
Monday 11/1/21	Raisin Bran Cereal, Pears, Milk	Beef Burgers w/ Cheese On Whole Wheat Bun, Lima Beans, Oranges , Milk	Yogurt Parfait w/ Peaches & Granola
Tuesday 11/2/21	Oatmeal, Raisins, Milk	Baked Cod Fish, Mixed Vegetables, Apples , Whole Wheat Bread, Milk	Bananas, Milk
Wednesday 11/3/21	Cheerios, Tropical Fruit Salad, Milk	Chicken Parmesan, (Penne) Pasta, Garden Salad, Pears, Milk	Carrot Cake Muffin, Milk
Thursday 11/4/21	French Toast w/ Syrup, Bananas, Milk	Turkey Breast w/ Gravy, Corn, Mashed Sweet Potatoes, Whole Wheat Bread, Milk	Cheese & Crackers
Friday 11/5/21	Life Cereal, Oranges, Milk	Baked Ziti, Broccoli, Tropical Fruit Salad, Milk	Sun-Butter & Apples

Menu for Week 2


Day of the Week	Breakfast	Lunch	Snack
Monday 11/8/21	Corn Flakes, Apples, Milk	BBQ Chicken, Brown Rice, Green Beans, Oranges, Milk	Cheese & Crackers
Tuesday 11/9/21	Pumpkin Pancakes w/ Whipped Cream, Apple Sauce, Milk	Turkey Tacos, Hard shells, (Tomatoes, Lettuce, Shredded Mixed Cheese) Flame Roasted Corn, Mango, Milk	Bananas, Milk
Wednesday 11/10/21	Rice Krispy Cereal, Bananas, Milk	Baked Cod Fish w/ Lemon Garlic Sauce, Broccoli, Pears, Whole Wheat Bread, Milk	Sun-Butter & Apples
Thursday 11/11/21	Bagels w/ Pumpkin Cream Cheese, Blueberries, Milk	Beef Chili w/ Beans, Corn Muffins, Tropical Fruit Salad, Milk	Oranges, Milk
Friday 11/12/21	Cheerios, Mango, Milk	Baked Mac & Cheese, Roasted Carrots, Peaches, Milk	Yogurt Parfait W/ Blueberries & Granola

Monthly Menu for November 2021

Menu for Week 3

Day of the Week	Breakfast	Lunch	Snack
Monday 11/15/21	Rice Krispy Cereal, Pears, Milk	Chicken Noodle Soup (Egg Noodles, Carrots, Celery, Chicken Breast), Whole Wheat Roll, Apples, Milk	Greek Yogurt Ranch Dip w/ Carrot Sticks
Tuesday 11/16/21	Blueberry Muffins, Apple Sauce, Milk	Beef Salisbury Steak, Brown Rice, Corn, Apples, Milk	Bananas, Milk
Wednesday 11/17/21	Corn Flakes, Bananas, Milk	Veggie Burgers On Whole Wheat Bun, Roasted Garlic & Herb Potato Wedges, Oranges, Milk	Cheese & Apples
Thursday 11/18/21	Waffles, Turkey Bacon, Blueberries, Milk	Baked Haddock w/ Creamy Parmesan Sauce, Whole Wheat Bread, Green Beans, Pears, Milk	Oranges, Milk
Friday 11/19/21	Life Cereal, Oranges, Milk	Cheese Ravioli, Mixed Vegetables, Tropical Fruit Salad, Milk	Sun-Butter & Crackers

Menu for Week 4

Day of the Week	Breakfast	Lunch	Snack
Monday 11/22/21	Cheerios, Oranges, Milk	Grilled Cheese & Tomato Soup, Pears, Milk	Yogurt w/ Blueberries
Tuesday 11/23/21	Buttermilk Biscuits w/ Jelly, Peaches, Milk	Turkey Breast w/ Gravy, Mashed Sweet Potatoes, Green Beans, Cranberry Sauce, Stuffing, Milk	Pumpkin Muffins, Milk
Wednesday 11/24/21	Rice Krispy Cereal, Apples, Milk	Baked Cod Fish, Brown Rice, Broccoli, Tropical Fruit Salad, Milk	Cheese & Crackers
Thursday 11/25/21	Closed	Thanksgiving Break November 25,26	
Friday 11/26/21			

Additional Information

Infant Class Substitution: Apples and Oranges will be replaced with seasonal melon or applesauce. Lettuce will be replaced with mixed vegetables. The infant class will be offered whole grain items for their afternoon snack.

Bread [Enriched or Whole-Grain]: ½ slice **Cereal/Pasta [Cooked, Enriched or Whole-Grain]** 2 oz.

Organic Milk-Fluid: 12-24 mos.: 4 oz. Whole Milk 24-36 mos. :4 oz. 1% Low-Fat Milk 3-5yr olds: 1% Low Fat

