





Monthly Menu for November 2022

Menu for Week 1

Day of the Week	Breakfast	Lunch	Snack
Monday 10/31/22	Chex Cereal, Pears, Milk	Cod Fish w/ Lemon Garlic Sauce, Brown Rice, Roasted Carrots, Apples, Milk	Cranberry Muffins, Milk
Tuesday 11/01/22	French Toast w/ Powder Sugar, Blueberries, Milk	BBQ Beef Burgers w/ Cheese on Whole Wheat Bun, Potato Wedges, Fruit Salad, Milk	Sun-butter w/ Crackers
Wednesday 11/02/22	Life Cereal, Apples, Milk	Baked Mac & Cheese, Broccoli, Oranges, Milk	Pears, Milk
Thursday 11/03/22	Buttermilk Biscuit w/ Jelly, Fruit Salad, Milk	Roasted Garlic Chicken, Roasted Vegetables, Pears, Whole Wheat Bread, Milk	Yogurt & Apples
Friday 11/04/22	Rice Krispy Cereal, Oranges, Milk	Baked Ziti, Green Beans, Tropical Fruit Salad, Milk	Pears, Milk

Menu for Week 2


Day of the Week	Breakfast	Lunch	Snack
Monday 11/07/22	Cheerios, Fruit Salad, Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Pears, Milk	Oranges, Milk
Tuesday 11/08/22	Oatmeal Cinnamon Muffins, Apple Sauce, Milk	Baked Flounder w/ Lemon Garlic Sauce, Roasted Vegetables, Brown Rice, Oranges, Milk	Cheese & Crackers
Wednesday 11/09/22	Corn Flakes, Apples, Milk	Chicken Parmesan, w/ Penne Pasta & Sauce, Garden Salad, Fruit Salad, Milk	Bananas, Milk
Thursday 11/10/22	English Muffins w/ Jelly, Bananas, Milk	Turkey Meatloaf, Peas, Mashed Potatoes, Whole Wheat Bread, Milk	Sun-butter & Apples
Friday 11/11/22		Center Closed Happy Veteran's Day	

Monthly Menu for November 2022

Menu for Week 3

Day of the Week	Breakfast	Lunch	Snack
Monday 11/14/22	Raisin Bran Cereal, Oranges, Milk	Beef & Cheese Tortellini Bake, Broccoli, Fruit Salad, Milk	Yogurt & Blueberries
Tuesday 11/15/22	Bagels w/ Jelly, Tropical Fruit, Milk	Cheese Quesadillas on Whole Wheat Wrap, Corn, Pears, Sour Cream, Salsa, Milk	Oranges, Milk
Wednesday 11/16/22	Cheerios, Pears, Milk	Veggie Burger on Whole Wheat Bun, Sweet Potato Wedges, Oranges, Milk	Cheese & Apples
Thursday 11/17/22	Blueberry Pancakes w/ Syrup, Apple Sauce, Milk	Chicken Noodle Soup (Chicken, Chicken Broth, Celery, Carrots, Egg Noodles) Fruit Salad, Whole Wheat Roll, Milk	Pears, Milk
Friday 11/18/22	Chex Cereal, Blueberries, Milk	Cheese Pizza on Cauliflower Crust, Green Beans, Fruit Salad, Milk	Corn Muffins, Milk

Menu for Week 4

Day of the Week	Breakfast	Lunch	Snack
Monday 11/21/22	Rice Krispy Cereal, Oranges, Milk	Tuna Casserole (Pasta, Tuna, Peas, Mushroom Soup, Shredded Cheddar Cheese) Pears, Milk	Apples, Milk
Tuesday 11/22/22	Pumpkin Muffins, Apple Sauce, Milk	Turkey Breast w/ Gravy, Sweet Potatoes, Green Beans, Corn Bread Stuffing, Cranberry Sauce, Milk	Sun-butter & Carrots
Wednesday 11/23/22	Life Cereal, Pears, Milk	Grilled Cheese, Tomato soup, Fruit Salad, Milk	Sweet Potato Muffins, Milk
Thursday 11/24/22	Center Closed	Happy Thanksgiving!	
Friday 11/25/22	Center	Closed	

Additional Information

Vegetarian Substitution: Veggie Burger, Hard Boiled Egg, Pasta Primavera, Grilled Cheese, Egg Salad
Infant Class Substitution: Sun-butter, Apples, 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 old's: 1% Low Fat

