





November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast: Beef Kolaches, Sliced Apricots, Milk/ Water Lunch: Hamburger on Whole Grain Bun, Fresh Zucchini Slices, Applesauce, Milk/ Water PM Snack: Vanilla Wafers, Vanilla Pudding, Water	2 Breakfast: Pancake and Sausage Stick, Mandarin Oranges, Milk/ Water Lunch: Chicken Nuggets, Mixed Vegetables, Diced Pears, Roll, Milk/ Water PM Snack: Whole Wheat Club Crackers, Mixed Fruit, Water	3 Breakfast: Egg and Cheese Omelet, Mandarin Oranges, Whole Wheat Bread, Milk/ Water Lunch: Beef Lasagna, Broccoli, Sliced Peaches, Garlic Bread, Milk/Water PM Snack: Trail Mix, 100% Fruit Juice/Water	4 Breakfast: French Toast, Turkey Link Sausage, Applesauce, Milk/ Water Lunch: Chicken Sliders, California Vegetables, Pineapple Chunks, Milk/ Water PM Snack: Whole Grain Rice Cake, Fresh Strawberries, Water	5 Breakfast: Whole Wheat Cheerios, Fresh Bananas, Milk/ Water Lunch: Cheese Pizza, Fresh Zucchini, Fresh Orange Slices, Milk/ Water PM Snack: Wheat Thins, String Cheese, Water
8 Breakfast: Apple Muffin, Diced Pears, Milk/ Water Lunch: Macaroni and Cheese, Peas, Diced Peaches, Milk/ Water PM Snack: Whole Grain Bagel with Fruit Jam, Apricots, Water	9 Breakfast: Pancakes, Bacon, Mandarin Oranges, Milk/ Water Lunch: Chicken Tenders, Peas, Fresh Apple Slices, Milk/ Water PM Snack: Whole Wheat Goldfish, Fresh Watermelon, Water	10 Breakfast: Scrambled Eggs, Hash Browns, Diced Peaches, Milk/ Water Lunch: Beef Fingers, Carrots, Whole Wheat Bread, Fresh Orange Slices, Milk/ Water PM Snack: Whole Grain Rice Cake, Fresh Blueberries, Water	11 	12 Breakfast: Blueberry Muffin, Fresh Banana, Milk/Water Lunch: Turkey and Cheese Roll Ups, Fresh Cucumber, Sliced Apricots, Milk/ Water PM Snack: Whole Wheat Club Crackers, Fresh Cantaloupe, Water
15 Breakfast: Waffle Sticks, Pan Sausage, Pineapple Tidbits, Milk/ Water Lunch: Mini Corn Dogs, Corn, Diced Peaches, Milk/ Water PM Snack: Blueberry Yogurt, Animal Crackers, Water	16 Breakfast: Beef Kolaches, Applesauce, Milk/ Water Lunch: Beef Lasagna, Green Beans, Diced Pears, Garlic Bread, Milk/Water PM Snack: Whole Wheat Goldfish, Fresh Apple Slices, Milk/Water	17 Breakfast: French Toast, Fresh Blueberries, Milk/ Water Lunch: Chicken Patty, Garden Salad, Fresh Apple Slices, Whole Wheat Bread, Milk/ Water PM Snack: Ritz Crackers, Sliced Cheese, Water	18 Breakfast: Apple Muffin, Apricots, Milk/ Water Lunch: Beef Soft Tacos, Brown Rice, Corn, Pineapple Tidbits, Milk/Water PM Snack: Veggie Straws, Fresh Watermelon, Water	19 Breakfast: Cheerios, Fresh Bananas, Milk/ Water Lunch: Turkey, Mashed Potatoes, Green Beans, Rolls, Fruit Cocktail, Milk/ Water PM Snack: Trail Mix, 100% Fruit Juice/Water Thanksgiving Classroom Feasts!!
22 Breakfast: Biscuits, Pan Sausage, Applesauce, Milk/ Water Lunch: Hamburger on Whole Grain Bun, Fresh Zucchini Slices, Fresh Orange Slices, Milk/ Water PM Snack: Cheese Quesadilla, Water	23 Breakfast: Bagels w/ Cheam Cheese, Mandarin Oranges, Milk/ Water Lunch: Pepperoni Pizza, Green Beans, Diced Peaches, Milk/ Water PM Snack: Vanilla Yogurt, Fresh Cantaloupe, Water	24 Breakfast: Scrambled Egg, Whole Wheat Toast, Diced Pears, Milk/ Water Lunch: Grilled Cheese Sandwiches, Peas, Fresh Apple Slices, Milk/ Water PM Snack: Whole Grain Cheez It Crackers, 100% Fruit Juice/Water	25 	26 Breakfast: Whole Grain Kix Cereal, Fresh Bananas, Milk/ Water Lunch: Turkey and Cheese Roll ups, Fresh Cucumber Slices, Fresh Oranges, Milk/ Water PM Snack: Graham Cracker, Vanilla Pudding, Water
29 Breakfast: French Toast, Pineapple, Milk/ Water Lunch: Beef Fingers, Whole Wheat Bread, Mixed Vegetables, Pears, Milk/ Water PM Snack: Pita Crackers, Fresh Cucumbers, Ranch, Water	30 Breakfast: Bran Muffins, Mandarin Oranges, Milk/ Water Lunch: Chicken Nuggets, Carrots, Whole Wheat Bread, fresh Orange Slices, Milk/ Water PM Snack: Whole Grain Rice Cake, Fresh Blueberries, Water			

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. All juice is 100% fruit juice. Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.