



# November 2024 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with breakfast</i></p>				<p><b>1</b> Apple oatmeal*</p> <p>~~~~~</p> <p>Soft breadsticks* Cheese cubes</p>
<p><b>4</b> Rice Chex* Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p><b>5</b> Cinnamon toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Saltines Mango yogurt</p>	<p><b>6</b> Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p><b>7</b> Kix* Fresh fruit</p> <p>~~~~~</p> <p>Cinnamon crackers* Vanilla yogurt</p>	<p><b>8</b> Blueberry-peach oatmeal*</p> <p>~~~~~</p> <p>Veggie crackers* Apple slices</p>
<p><b>11</b> Whole wheat flakes* Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p><b>12</b> Whole wheat biscuit* Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p><b>13</b> Toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p><b>14</b> Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>Whole wheat pita pizza with* Cheese</p>	<p><b>15</b> Apple oatmeal*</p> <p>~~~~~</p> <p>Soft breadsticks* Cheese cubes</p>
<p><b>18</b> Rice Chex* Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p><b>19</b> Cinnamon toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Saltines Blueberry yogurt</p>	<p><b>20</b> Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p><b>21</b> Kix* Fresh fruit</p> <p>~~~~~</p> <p>Cinnamon crackers* Vanilla yogurt</p>	<p><b>22</b> Blueberry-peach oatmeal*</p> <p>~~~~~</p> <p>Veggie crackers* Apple slices</p>
<p><b>25</b> Whole wheat flakes* Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p><b>26</b> Whole wheat biscuit* Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p><b>27</b> Toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p><b>28</b>  <b>CLOSED FOR THANKSGIVING</b></p>	<p><b>29</b>  <b>CLOSED FOR THANKSGIVING</b></p>

\*Whole grain



# November 2024 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>			<b>1</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* <sup>^</sup> Corn Grated cheese Fresh fruit
<b>4</b> Dirty brown rice with beef* (V) Dirty brown rice <sup>^</sup> Spinach salad Fresh fruit	<b>5</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>6</b> Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup <sup>^</sup> Whole wheat bread/butter* Fresh fruit	<b>7</b> Turkey meatloaf (V) French lentils w/ thyme <sup>^</sup> Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>8</b> (V) Lasagna Tossed salad Fresh fruit
<b>11</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *# <sup>^</sup> Grated cheese Tossed salad Fresh fruit	<b>12</b> (V) Beans & Brown rice <sup>^</sup> Tossed salad Tortilla* Fresh fruit	<b>13</b> Shepherd's Pie (V) Chickpea curry with potatoes <sup>^</sup> Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	<b>14</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>15</b> BBQ chicken leg (V) Mushroom stroganoff <sup>^</sup> California blend vegetables Whole wheat bread/butter* Fresh fruit
<b>18</b> Turkey sloppy joe (V) Vegetarian sloppy joe <sup>^</sup> Corn & edamame Roll Fresh fruit	<b>19</b> Chicken chili (V) Veg out chili <sup>^</sup> Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>20</b> Hamburger slider (V) Black bean burger # <sup>^</sup> Bean medley Roll Fresh fruit	<b>21</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit	<b>22</b> THANKSGIVING LUNCH Sliced turkey & gravy (V) Veggie Patty Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
<b>25</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup <sup>^</sup> Grated cheese Southwest salad Fresh fruit	<b>26</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	<b>27</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>28</b>  <b>CLOSED FOR THANKSGIVING</b>	<b>29</b>  <b>CLOSED FOR THANKSGIVING</b>

(V) Vegetarian meal  
#Gluten free

\*Whole grain  
<sup>^</sup>Vegan