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Little Apron Academy

November 2018

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  |  | **1**  **AM Snack: Apple Muffins**  **Apricots**  **Lunch: BBQ Chicken Sliders**  **Green Beans**  **Pears**  **PM Snack: Apple Slices Cheese Sticks** | **2**  **AM Snack: Vanilla**  **Yogurt**  **Mixed Berries**  **Lunch: Chicken**  **Mashed Potatoes**  **Sweet Peas**  **Fruit Medley**  **PM Snack: Graham Crackers**  **Peaches** |
| **5**  **AM Snack: Sausage & Biscuits**  **Pears**  **Lunch: Grilled Chicken & Cheese Quesadilla**  **Chuck Wagon Corn**  **Peaches**  **PM Snack: Vanilla Wafers**  **Oranges** | **6**  **AM Snack: Cheerios**  **Strawberries**  **Lunch: Pasta w/ Pesto Chicken Alfredo**  **Bermuda Vegetables**  **Pineapple**  **PM Snack: Wheat Crackers**  **String Cheese** | **7**  **AM Snack: Cheese Grits**  **Turkey Bacon**  **Pears**  **Lunch: Sweet & Tangy Chicken**  **Basmati Rice**  **Pineapples**  **PM Snack: Spinach Artichoke Dip w/ Pita Chips** | **8**  **AM Snack: Oatmeal**  **Fruit Medley**  **Lunch: Chicken Vegetable Soup**  **Corn Muffins**  **Pineapples**  **PM Snack: Baked Apple Crisp** | **9**  **AM Snack: Bagels & Cream Cheese**  **Bananas**  **Lunch: Baked Cheese Ravioli**  **w/ Tomato Sauce**  **Green Beans**  **Fruit Medley**  **PM Snack: Oranges w/**  **Vanilla Wafers** |
| **12**  **AM Snack: English Muffins**  **Turkey Sausage**  **Peaches**  **Lunch: Eggplant Parmesan**  **Broccoli Tropical Fruit**  **PM Snack: Hummus & Pita Bread** | **13**  **AM Snack: Apple Muffin**  **Fresh Melon**  **Lunch: Baked Chicken**  **Au Gratin Potatoes**  **Creamed Spinach**  **Oranges**  **PM Snack: Graham Crackers**  **Orange Slices** | **14**  **AM Snack: Biscuits**  **Turkey Sausage**  **Bananas**  **Lunch: Broccoli Quinoa Casserole**  **Mangos**  **PM Snack: Turkey & Cheese Pinwheels** | **15**  **AM Snack: Cheerios**  **Strawberries**  **Lunch: Chicken Lo Mein**  **Brussels Sprouts**  **Pineapples**  **PM Snack:**  **Pretzel Bites**  **Berries** | **16**  **AM Snack: Scrambled Eggs**  **Roasted Potatoes**  **Pineapple**  **Lunch: Shepherd’s Pie**  **Diced zucchini**  **Apples**  **PM Snack: Sun Butter**  **& Raisin Toast** |
| **19**  **AM Snack: Rice Chex**  **Pears**  **Lunch: Chicken Teriyaki w/ Vegetables**  **Basmati Rice**  **Pineapple**  **PM Snack: Graham Crackers w/Bananas** | **20**  **AM Snack: Cheese Toast**  **Turkey Sausage**  **Baked Apples**  **Lunch: Vegetarian Lasagna**  **Tropical Fruit**  **PM Snack: Vanilla Wafers**  **Sliced Oranges** | **21**  **AM Snack: Cream of Wheat**  **Pineapples**  **Lunch: Spaghetti & Mini Meatballs**  **Squash & Zucchini**  **Pears**  **PM Snack: Vanilla Yogurt**  **w/ Fruit Salsa** | **22**  **AM Snack: French Toast Casserole**  **Banana**  **Lunch: Baked Chicken**  **Northern Beans**  **Basmati Rice**  **Corn Muffin**  **Pears**  **PM Snack: String Cheese w/ Wheat Crackers** | 23  **AM Snack: English Muffins**  **Turkey Sausage**  **Fresh Melon**  **Lunch: Grilled Cheese**  **Green Beans**  **Peaches**  **PM Snack: Guacamole w/ Tortilla Chips** |
| **26**  **AM Snack: Oatmeal**  **Fresh Melon**  **Lunch: Whole Wheat Penne Pasta w/ Meat Sauce**  **Sliced Apples/ Bermuda Vegetables**  **PM Snack: Vanilla Wafers**  **Cheese Sticks** | **27**  **AM Snack: Blueberry Muffins**  **Applesauce**  **Lunch: Ground Turkey Chili**  **Wheat Rolls Peaches**  **PM Snack: Baked Apple Crisp** | **28**  **AM Snack: BIscuits**  **Turkey Bacon**  **Pears**  **Lunch: Turkey Burger**  **Sweet Potato Fries**  **Green Beans**  **Pineapples**  **PM Snack: Cheese Crackers**  **Tropical Fruit** | **29**  **AM Snack: Cream of Wheat**  **Bananas**  **Lunch: Baked Chicken**  **Mashed Potatoes**  **Green Peas**  **Fresh Melon**  **PM Snack: Banana Bread** | **30**  **AM Snack: Rice Chex**  **Peaches**  **Lunch: Curry Chicken Broccoli Casserole**  **Wheat Rolls**  **Pears**  **PM Snack: Turkey & Cheese**  **Wheat Crackers** |

**LAA serves whole milk to children less than two years of age and 1% milk to children over two years of age.**

**Milk is served at AM snack and lunch. Water is served at PM snack**