



November 12th – 16th, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cinnamon Raisin Oatmeal with apples	Scrambled eggs with veggies Toast	Whole grain muffin with fruit Turkey sausage	Cheesy grits Cinnamon apples	Scrambled eggs Breakfast potatoes Toast
LUNCH	House made chicken* pot pie with hearty vegetables Green beans	Creamy pesto mac with spinach Honey glazed carrots	Slow cooked beef** stew with vegetables Crunchy French bread	Tuna cakes with pineapple salsa Wild rice Broccoli	Buttery roasted turkey with fresh herbs Fall fruit couscous Mashed sweet potatoes*
AFTERNOON SNACK	Pita with hummus	Sun butter and banana rollups with fresh diced apples	Carrots with tzatziki	Ham and cheese rollups	Cocoa banana oatmeal bites

Milk is served with breakfast and lunch
and water is served with afternoon snack.

Elmwood Stock Farm *

Reed Valley Orchard **

