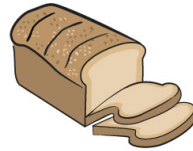




November 2020



Breakfast & snack



Monday		Tuesday		Wednesday		Thursday		Friday	
2 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese		3 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola		4 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce		5 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese		6 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes	
9 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches		10 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt		11 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar		12 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix		13 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch	
16 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese		17 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola		18 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce		19 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese		20 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes	
23 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches		24 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt		25 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar		26 Closed for Thanksgiving		27 Closed for Thanksgiving	
30 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese								<i>Age appropriate milk must be served with breakfast</i>	

+Whole grain



November 2020



Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	3 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	4 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	5 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	6 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
9 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	10 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	11 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	12 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	13 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
16 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	17 (V) Whole grain pizza* Garden salad Fresh fruit	18 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	19 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	20 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
23 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	24 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	25 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit	26 Closed for Thanksgiving	27 Closed for Thanksgiving
30 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit			<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>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan