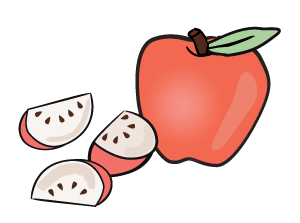
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11/25 – 11/30

\*\*\*\*Kinder-Prep AM Snack:

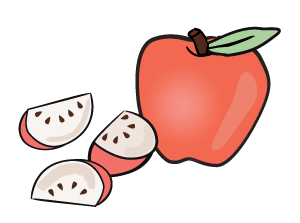
**Mon:** Sliced Apples **Tues:** String Cheese **Wed:** Broccoli w/Brie Cheese **Thurs:** Yogurt **Fri:** Carrots w/ Ranch

* All meals are baked, not fried
* Vegetarian meal options available
* Fruits and/or vegetables served at every meal and snack
* Proteins include chicken, turkey, beef, tofu, cheese, and beans
* Whole milk served to infants and toddlers
* 1% milk served to young preschool, preschool, and kindergarten prep
* All meals served family style and are included in the tuition

**V - Vegetarian Alternative**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | **Chex Cereal**  **Bananas**  **Milk** | **French Toast**  **Strawberries**  **Milk** | **Cheesy Grits**  **Pears**  **Milk** | **C:\Users\Procare\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LP12NOM7\PeanutsThanksgiving[1].jpg** | **Tri-Color Pepper & Egg Frittata**  **Oranges**  **Milk** |
| LUNCH | **Salisbury Steak**  **V- Black Bean Burger**  **Breadstick**  **Melon**  **Mashed Potatoes**  **Milk** | **Turkey & Gravy**  **V- Tofu & Gravy**  **Dinner Roll**  **Apples**  **Green Bean Casserole**  **Milk** | **Spaghetti & Meat Sauce**  **V- Meatless Sauce**  **Grapes**  **Mixed Vegetables**  **Milk** | **C:\Users\Procare\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LP12NOM7\PeanutsThanksgiving[1].jpg** | **Mac & Cheese with Diced Ham**  **V- Mac & Cheese**  **Mango**  **Zucchini**  **Milk** |
| AFTERNOON SNACK | **O’s Cereal**  **Strawberry Yogurt**  **Bananas** | **Deviled Eggs**  **Cheese Sticks**  **Grapes** | **Nut Free Butter & Jelly Sandwich**  **Applesauce** | **C:\Users\Procare\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LP12NOM7\PeanutsThanksgiving[1].jpg** | **Turkey - Guacamole Roll-up**  **V-Guacamole Roll-up** |
| EVENING SNACK | **Graham Crackers**  **Cream Cheese**  **Cherries** | **Fruit Snack Bar**  **Applesauce** | **Mini Naan**  **Hummus** | **C:\Users\Procare\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LP12NOM7\PeanutsThanksgiving[1].jpg** | **Cranberry Muffin**  **Applesauce** |

**CITI FAMILY CENTER**

**V- Black Bean Patty**  ­­­

12/2 – 12/6

* All meals are baked, not fried
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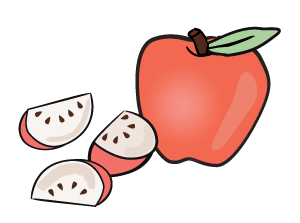
\*\*\*\*Kinder-Prep AM Snack:

**Mon:** Sliced Apples **Tues:** String Cheese **Wed:** Broccoli w/Brie Cheese **Thurs:** Yogurt **Fri:** Carrots w/ Ranch

**V - Vegetarian Alternative**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | **Sausage Biscuit**  **V- Meatless Sausage**  **Pears**  **Milk** | **Waffles**  **Turkey Bacon**  **V- Vegetarian Bacon**  **Fruit Compote**  **Milk** | **Apple Cinnamon Muffin**  **Mixed Berries**  **Milk** | **Cheese Omelet**  **Raspberries**  **Milk** | **Pancakes**  **Turkey Bacon**  **V- Vegetarian Bacon**  **Pear Salsa**  **Milk** |
| LUNCH | **Mini Meatball Sub**  **V- Mini Meatless Sub**  **Melon**  **Minestrone Soup**  **Milk** | **Butternut Squash**  **Ravioli**  **Herb Breadstick**  **Mixed Berries**  **Roasted Potatoes**  **Milk** | **Beef Stew**  **V- Black Bean Patty**  **Cornbread Muffin**  **Apricots**  **Carrot**  **Milk** | **Parmesan Chicken**  **V- Meatless Chicken**  **Gnocchi**  **Peaches**  **Shaved Brussel Sprouts**  **Milk** | **Baked Ham & Swiss Sandwich**  **V- Swiss Sandwich**  **Pineapple**  **Green Beans**  **Milk** |
| AFTERNOON SNACK | **Honey Yogurt**  **Mixed Berries** | **Soft Pretzel**  **Spinach Artichoke Dip** | **Herb Breadstick**  **Cheese Dip**  **Grapes** | **Pita Bread**  **Mango & Black Bean Salad** | **Baked Tortilla Strips**  **Black Bean Dip** |
| EVENING SNACK | **Fruit Snack Bar**  **Roasted Edamame** | **Pita Bread**  **Baked Pear Chips**  **Brie Cheese** | **Graham Crackers**  **Cream Cheese**  **Strawberries** | **Cinnamon Raisin Bagel**  **Cream Cheese**  **Bananas** | **Vanilla Wafers**  **Cran-Orange Smoothie** |

**CITI FAMILY CENTER**

**V- Black Bean Patty**  ­­­

12/9 – 12/13

\*\*\*\*Kinder-Prep AM Snack:

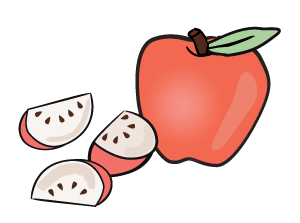
**Mon:** Sliced Apples **Tues:** String Cheese **Wed:** Broccoli w/Brie Cheese **Thurs:** Yogurt **Fri:** Carrots w/ Ranch

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| --- | --- | --- | --- | --- | --- |
| Week 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | **Bagel**  **Sun Butter**  **Oranges**  **Milk** | **O’s Cereal**  **Bananas**  **Milk** | **Baked Oatmeal Casserole**  **Mixed Berries**  **Milk** | **Hash Brown & Egg Casserole**  **Toast**  **Milk** | **Breakfast Burrito w/Diced Sausage**  **V-Diced Veggie Sausage**  **Apricots**  **Milk** |
| LUNCH | **Baked Ham**  **V- Garden Burger**  **Dinner Roll**  **Mango**  **Green Beans**  **Milk** | **Meatless Turkey & Bean Chili**  **Cornbread Muffin**  **Pears**  **Stewed Tomatoes**  **Milk** | **Beef Stroganoff over Egg Noodles**  **V- Tofu Stroganoff**  **Fruit Cocktail**  **Peas**  **Milk** | **Tandoori Chicken & Brown Rice**  **V- Tandoori Meatless Chicken**  **Raspberries**  **Oriental Blend Veggie**  **Milk** | **Turkey Sloppy Joe on Whole Grain Bun**  **V- Meatless Turkey Sloppy Joe**  **Pineapple**  **Potato Wedge**  **Milk** |
| AFTERNOON SNACK | **O’s Cereal**  **Strawberry Yogurt**  **Bananas** | **Deviled Eggs**  **Cheese Sticks**  **Grapes** | **Nut Free Butter & Jelly Sandwich**  **Applesauce** | **Tomato & Mozzarella Flatbread Pizza** | **Turkey - Guacamole Roll-up**  **V-Guacamole Roll-up** |
| EVENING SNACK | **Graham Crackers**  **Cream Cheese**  **Cherries** | **Fruit Snack Bar**  **Applesauce** | **Mini Naan**  **Hummus** | **Wheat Cracker**  **Diced Fruit Salad** | **Cranberry Muffin**  **Applesauce** |

**V - Vegetarian Alternative**

**CITI FAMILY CENTER**

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12/16 – 12/20

\*\*\*\*Kinder-Prep AM Snack:

**Mon:** Sliced Apples **Tues:** String Cheese **Wed:** Broccoli w/Brie Cheese **Thurs:** Yogurt **Fri:** Carrots w/ Ranch

* All meals are baked, not fried
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**V - Vegetarian Alternative**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | **Rice Krispies**  **Strawberries**  **Milk** | **“Pigs in a Blanket”**  **Pancakes**  **V-Vegetarian Sausage**  **Pears**  **Milk** | **Blueberry Muffin**  **Turkey Bacon**  **V-Vegetarian Bacon**  **Strawberries**  **Milk** | **Ham & Swiss Frittata**  **V-Tofu & Swiss Frittata**  **Mixed Berries**  **Milk** | **Spinach & Cheese**  **Egg Muffin**  **Biscuits**  **Milk** |
| LUNCH | **BBQ Chicken Pizza on a Whole Grain Crust**  **V- Meatless Chicken Pizza**  **Mandarin Oranges**  **Shredded Salad Mix**  **Milk** | **Pulled Pork Sandwich on a Bun**  **V- Black Bean Burger**  **Mandarin Orange & Cranberry Salad**  **Coleslaw**  **Milk** | **Chicken Cordon Bleu Casserole**  **V- Meatless Chicken Casserole**  **Mixed Berries**  **Peas & Carrots**  **Milk** | **Baked Ziti with Ground Beef**  **V- Meatless Beef Ziti**  **Mandarin Oranges**  **Broccoli**  **Milk** | **French Dip Sandwich**  **V – Cheese Sandwich**  **Mixed Berries**  **Green Beans**  **Milk** |
| AFTERNOON SNACK | **Honey Yogurt**  **Mixed Berries** | **Soft Pretzel**  **Spinach Artichoke Dip** | **Herb Breadstick**  **Cheese Dip**  **Grapes** | **Pita Bread**  **Mango & Black Bean Salad** | **Baked Tortilla Strips**  **Black Bean Dip** |
| EVENING SNACK | **Fruit Snack Bar**  **Roasted Edamame** | **Pita Bread**  **Baked Pear Chips**  **Brie Cheese** | **Graham Crackers**  **Cream Cheese**  **Strawberries** | **Cinnamon Raisin Bagel**  **Cream Cheese**  **Bananas** | **Vanilla Wafers**  **Cran-Orange Smoothie** |

**CITI FAMILY CENTER**