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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**

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| --- | --- | --- | --- | --- | --- |
| 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
* 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

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

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

 **V - Vegetarian Alternative**

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| 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

* 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

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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
* 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
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 **V - Vegetarian Alternative**

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| --- | --- | --- | --- | --- | --- |
| 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**