


November Lunch Menu

<p>~This menu is designed for children age 12+ months</p> <p>*Vegetarian meal +Whole grain</p>		 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>	<p>11/1 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>11/2 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>11/5 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit</p>	<p>11/6 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>11/7 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>11/8 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit</p>	<p>11/9 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit</p>
<p>11/12 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>11/13 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit</p>	<p>11/14 Chicken patty Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit</p>	<p>11/15 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>11/16 THANKSGIVING DINNER Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit</p>
<p>11/19 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>11/20 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>11/21 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>	<p>11/22 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>	<p>11/23 ***** * CLOSED FOR THANKSGIVING HOLIDAY ***** *</p>
<p>11/26 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>11/27 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>11/28 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>11/29 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>11/30 *Lasagna Tossed salad Fresh fruit</p>

November Vegetarian Menu



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+Whole grain # Entrée is Gluten Free ^ Entrée is Vegan			11/1 Gardenburger Bean medley +Whole wheat roll Fresh fruit	11/2 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
11/5 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	11/6 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	11/7 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	11/8 Lo Mein w/scrambled egg & Oriental vegetables +Whole wheat bread/butter Fresh fruit	11/9 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
11/12 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	11/13 +#^Beans & Brown rice Tossed salad Tortilla Fresh fruit	11/14 Veggie nuggets #^Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	11/15 +Whole wheat pizza Garden salad Fresh fruit	11/16 THANKSGIVING DINNER Chix patty Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
11/19 +#Broccoli & cheddar quinoa w/ brown rice Salad Fresh fruit	11/20 +#^Lentil penne & tomato sauce w/soy Grated cheese Spinach salad Fresh fruit	11/21 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit	11/22 ***** CLOSED FOR THANKSGIVING HOLIDAY *****	11/23 ***** CLOSED FOR THANKSGIVING HOLIDAY *****
11/26 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	11/27 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	11/28 +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	11/29 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	11/30 Lasagna Tossed salad Fresh fruit

November Breakfast/Afternoon Snack Menu

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age 12+ months

+ Whole grain



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11/1
Bran muffin
Fresh fruit
~~~~~  
Diced pears  
Cereal snack mix

11/2  
+Blueberry-peach overnight  
oatmeal  
~~~~~  
Whole wheat pita bread
Cucumber slices

11/5
+Whole wheat flakes
Fresh fruit
~~~~~  
Wheat thins  
String cheese

11/6  
+Wheat bagel w/cream cheese  
Fresh fruit  
~~~~~  
Vanilla yogurt with
Granola

11/7
+Cheerios
Fresh fruit
~~~~~  
Soft pretzel  
Applesauce

11/8  
Rice Crispies  
Fresh fruit  
~~~~~  
+Whole wheat pita pizza with
Cheese

11/9
+Pumpkin overnight
oatmeal
~~~~~  
+Soft breadsticks  
Cheese cubes

11/12  
+Rice Chex  
Fresh fruit  
~~~~~  
Graham cracker
Diced peaches

11/13
Cinnamon bagel w/butter
Fresh fruit
~~~~~  
Saltines  
Peach yogurt

11/14  
+Kix  
Fresh fruit  
~~~~~  
Flatbread
Sliced cheddar

11/15
Bran muffin
Fresh fruit
~~~~~  
Diced pears  
Cereal snack mix

11/16  
+Blueberry-peach overnight  
oatmeal  
~~~~~  
Whole wheat pita bread
Cucumber slices

11/19
+Whole wheat flakes
Fresh fruit
~~~~~  
Wheat thins  
String cheese

11/20  
+Wheat bagel w/cream cheese  
Fresh fruit  
~~~~~  
Vanilla yogurt with
Granola

11/21
+Cheerios
Fresh fruit
~~~~~  
Soft pretzel  
Applesauce

11/22  
Rice Crispies  
Fresh fruit  
~~~~~  
+Whole wheat pita pizza with
Cheese

11/23
+Pumpkin overnight
oatmeal
~~~~~  
+Soft breadsticks  
Cheese cubes

11/26  
+Rice Chex  
Fresh fruit  
~~~~~  
Graham cracker
Diced peaches

11/27
Cinnamon bagel w/butter
Fresh fruit
~~~~~  
Saltines  
Raspberry yogurt

11/28  
+Kix  
Fresh fruit  
~~~~~  
Flatbread
Sliced cheddar

11/29
Bran muffin
Fresh fruit
~~~~~  
Diced pears  
Cereal snack mix

11/30  
+Blueberry-peach overnight  
oatmeal  
~~~~~  
~
Whole wheat pita bread
Cucumber slices