




Breakfast & Snack - November, 2019

				11/1 +Blueberry-peach oatmeal ~~~~~ +Soft breadsticks Cheese cubes
11/4 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	11/5 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	11/6 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	11/7 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	11/8 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
11/11 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	11/12 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	11/13 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	11/14 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	11/15 +Blueberry-peach oatmeal ~~~~~ +Soft breadsticks Cheese cubes
11/18 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	11/19 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	11/20 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	11/21 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	11/22 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
11/25 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	11/26 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	11/27 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	11/28 ***** CLOSED FOR THANKSGIVING *****	11/29 ***** CLOSED FOR THANKSGIVING *****



Lunch – November, 2019

<p>~This menu is designed for children age 12+ months</p>	<p>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</p>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>		<p>11/1 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>11/4 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>11/5 *Quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>11/6 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>11/7 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>11/8 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>11//11 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>11/12 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>11/13 +Dirty brown rice with beef, vegetables, quinoa and farro Apple cole slaw Fresh fruit</p>	<p>11/14 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>11/15 *Lasagna Tossed salad Fresh fruit</p>
<p>11/18 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>11/19 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>11/20 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>11/21 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>11/22 THANKSGIVING DINNER Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit</p>
<p>11/25 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit</p>	<p>11/26 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>11/27 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>11/28 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>	<p>11/29 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>

*Vegetarian meal
+Whole grain



Vegetarian lunch – November, 2019

				11/1 Beans & Brown rice Tossed salad Corn tortilla Fresh fruit
11/4 Vegan pasta alfredo Salad Fresh fruit	11/5 Avocado chickpea salad cups Peas Whole wheat bread /butter Fresh fruit	11/6 Gluten free spaghetti & tomato sauce w/ soy Spinach salad Fresh fruit	11/7 Picadillo Zucchini & yellow squash Whole wheat bread/butter Fresh fruit	11/8 Lentil taco w/ corn tortilla Corn Fresh fruit
11/11 Black bean tortilla soup Spinach salad Whole wheat bread/butter Fresh fruit	11/12 Buffalo chickpea taquitos Mashed sweet potatoes Whole wheat bread/butter Fresh fruit	11/13 Vegetarian dirty brown rice, vegetables & quinoa Apple cole slaw Fresh fruit	11/14 Enchilada casserole With corn tortilla Green beans Fresh fruit	11/15 French lentils with thyme Tossed salad Fresh fruit
11/18 Spicy black bean wrap Corn tortilla Tossed salad Fresh fruit	11/19 Veg out chili Broccoli salad Whole wheat bread/butter Fresh fruit	11/20 Vegan jambalaya Peas Fresh fruit	11/21 Black bean burger Bean medley Whole wheat roll Fresh fruit	11/22 THANKSGIVING DINNER Mushroom stroganoff Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
11/25 Chickpea curry with potatoes Corn & edamame Whole wheat roll Fresh fruit	11/26 Gluten free cheese melt Tomato alphabet soup Fresh fruit	11/27 Vegan shepherd's pie Pineapple/Mango Coleslaw Whole wheat bread/butter Fresh fruit	11/28 ***** CLOSED FOR THANKSGIVING HOLIDAY *****	11/29 ***** CLOSED FOR THANKSGIVING HOLIDAY *****

All entrees are vegan and gluten free

Soups are not vegan

Salad dressings are not vegan

Butter is not vegan

Sweet potatoes are not vegan

Bread is not gluten free or vegan