



# 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 *****

+ Whole grain



# Lunch

# November 2019

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

\*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