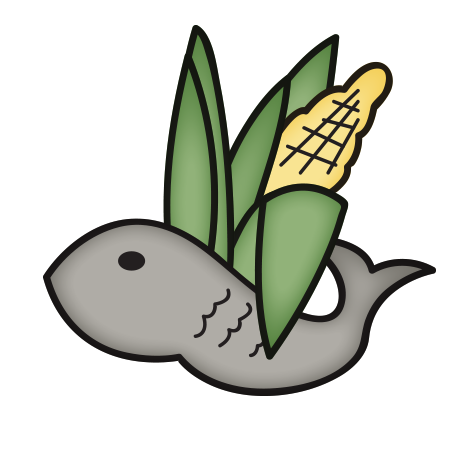
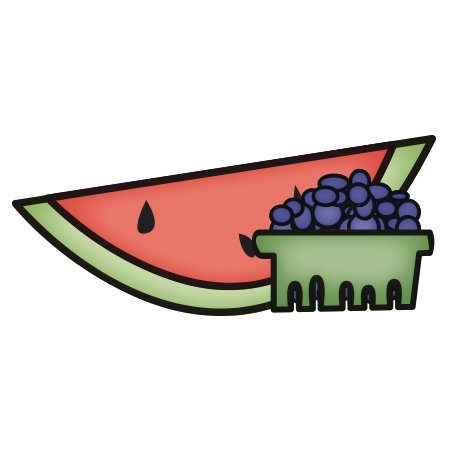


November 2019

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **Nov 1** |  |  |  |  | **1**  **Deli Sandwich**  **Sweet Potato Waffle Fries**  **Mixed Fruit** |
| **Nov 4- Nov 8** | **4**  **Cheese Pizza**  **BBQ Baked Beans**  **Tropical Fruit Salad** | **5**  **Toasted Cheese**  **Sweet Peas**  **Diced Peaches** | **6**  **Hamburger Patty**  **Whole Grain Bun**  **Emojis**  **Applesauce** | **7**  **Pasta with Beef Sauce**  **Garlic Knot**  **Corn**  **Fresh Mandarins** | **8**  **Chicken & Waffles**  **Diced Carrots**  **Mixed Fruit** |
| **Nov 11-Nov 15** | **11**  **Toasted Cheese**  **Green beans**  **Tropical Fruit Salad** | **12**  **Mini Twin Cheeseburgers**  **Cheesy Cauliflower**  **Diced Peaches** | **13**  **Cheese Pizza**  **BBQ Baked Beans**  **Applesauce** | **14**  **Cheesy Bean Dip**  **Wheat Crackers**  **Fresh Mandarins** | **15**  **Chicken Patty**  **Whole Grain Bun**  **Sweet Potato Fries**  **Mixed Fruit** |
| **Nov 18- Nov 22** | **18**  **Cheese Quesadilla**  **Salsa**  **Tropical Fruit Salad** | **19**  **Hamburger**  **Potato Emojis**  **Diced Peaches** | **20**  **Chicken Spudster Bowl**  **BBQ Baked Beans**  **Applesauce** | **21**  **Sliced Turkey, Mashed Potatoes & Gravy**  **Corn Bread Flats**  **Fresh Mandarins** | **22**  **Chicken Nuggets**  **Seasoned Broccoli**  **Mixed Fruit** |
| **Nov 25- Nov** | **25**  **Cheese Pizza**  **Broccoli & Cheese**  **Tropical Fruit Salad** | **26**  **Salisbury Steak, Mashed Potatoes & Gravy**  **Dinner Roll**  **Diced Peaches** | **27**  **WoWich**  **Spudsters**  **Applesauce** | **28**  **Happy Thanksgiving- Small Wonders Closed**  **C:\Users\Procare\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RI0YKUY2\a_thanksgiving_cornucopia_0515-0910-1217-2846_SMU[1].jpg** | **29** |

November 2019 Snack Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **Menu items are subject to change without notification** | **Whole Grain Soft Pretzel & Milk** | **Whole Grain Mini Muffin Loaf & Applesauce** | **Yogurt & Fresh Fruit** | **Whole Grain Granola Bar & Milk** | **String Cheese & Honey Graham Crackers** |



Small Wonders has additional options daily for snack such as:

* Yogurt
* Fresh Fruit
* Cheerios, Rice Chex, Corn Chex, Rice Krispies
* Nutrigrain Bars
* Sun Butter and Pita Bread

**Child Nutrition**

All weekly menus meet the following guidelines based on the USDA nutrition standards for 2015:

* Acceptable calorie range for the age group
* All grains served are whole grains
* <10% of calories from saturated fat
* National sodium guidelines
* Five sub-groups of vegetables offered
* Choices of fruit and vegetables offered daily