

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