

Holli-Hills November 2018 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
November 5-9	AM Snack:	Waffles	Oatmeal	Nutrigrain Bar	Toasted Oats	Cinnamon Toast
	Lunch:	Bean and cheese on Corn tortilla Green beans Pears	Chicken Nuggets Macaroni and cheese Corn Apples	Turkey and cheese on Wheat bread Spinach Oranges	Pinto Beans Corn Tortilla and cheese quesadilla Carrots Fruit Cocktail	Fish sticks Garlic bread Baked tater tots Bananas Milk
	PM Snack:	Cheese Crackers Milk	Grilled Cheese	Graham crackers Milk	Animal Crackers Milk	Gold fish Milk
November 12-16	AM Snack:	Oatmeal	Toasted Oats	Biscuits	Cinnamon Toast	Waffles
	Lunch:	Meatballs Spaghetti Green beans Peaches Milk	Turkey and cheese on Wheat bread Spinach Apples	Chicken Nuggets Brown rice Carrots Pineapple Milk	Bean and cheese on Corn tortilla Mixed Vegetables Pears	Fish sticks Garlic bread Baked Cut Fries Bananas Milk
	PM Snack:	Animal Crackers Milk	Pretzels Milk	Gold fish Milk	Graham crackers Milk	Grilled Cheese
November 19-23	AM Snack:	Waffles	Oatmeal	Nutrigrain Bar		
	Lunch:	Bean and cheese on Corn tortilla Green beans Pears	Chicken Nuggets Macaroni and cheese Corn Apples	Turkey and cheese on Wheat bread Spinach Oranges	Happy Thanksgiving!	Happy Thanksgiving!
	PM Snack:	Cheese Crackers Milk	Animal Crackers Milk	Graham crackers Milk		
November 26-30	AM Snack:	Oatmeal	Toasted Oats	Nutrigrain Bar	Cinnamon Toast	Waffles
	Lunch:	Chicken Nuggets Brown rice Carrots Pineapple Milk	Bean and cheese on Corn tortilla Mixed Vegetables Apples	Turkey and cheese on Wheat bread Spinach Oranges	Bean and cheese on Corn tortilla Green Beans Pears	Fish sticks Garlic bread Baked Cut Fries Bananas Milk
	PM Snack:	Gold fish Milk	Graham crackers Milk	Graham crackers Milk	Cheese crackers Milk	Animal Crackers Milk

Food Group Key:

Milk Lean Meat/ Meat Alternative Vegetable Fruit Whole Grains

Note: Water is available with every meal and throughout the day