

What's Cooking in the Kitchen:
Weekly Menu for November 6 - 10, 2023

MONDAY

BREAKFAST: Oatmeal; Brown Sugar on the Side, Clementines, Milk
AM SNACK: Juice Break
LUNCH: Spaghetti w/Marinara, Fire Roasted Veggies (from Frozen), **ORGANIC** Apple Pear Slices, Milk
PM SNACK: **ORGANIC** Veggie Straws, Bell Pepper Strips, Ranch to Dip, Water

TUESDAY

BREAKFAST: Scrambled Eggs, Griddled English Muffins w/Avocado Oil, Applesauce, Milk
AM SNACK: Juice Break
LUNCH: SunButter & **ORGANIC** Strawberry Spread Sandwiches on Dave's Killer Thin Sliced Good Seed Bread, **ORGANIC** Carrots (**Infants thru Older Toddlers: Cooked Carrots**), Kiwi, Milk
PM SNACK: Pineapple, Whipped Vanilla & Plain Greek Yogurt Mixed Half and Half, Water

WEDNESDAY

BREAKFAST: Rice, Wheat or Corn Chex, Bananas, Milk
AM SNACK: Juice Break
LUNCH: Rotisserie Chicken, Rice cooked in **ORGANIC** Chicken Stock, **ORGANIC** Broccoli (from Frozen), Cantaloupe, Milk
PM SNACK: **CrunchMaster** Multi-Grain Crackers, Cucumber Spears, Water

THURSDAY

BREAKFAST: French Toast, **ORGANIC** Maple Syrup on the Side, **THAWED ORGANIC** Mixed Berries (from Frozen), Crispy Bacon, Milk
AM SNACK: Juice Break
LUNCH: Italian Wedding Soup, **RED** Apple Slices, Milk
PM SNACK: Homemade Hummus, **ORGANIC** Squash Spears, Gluten Free Crispy Sea Salt Crackers (**Infants: Saltines**), Water

FRIDAY

BREAKFAST: **WARM** Bagel Quarters, Whipped Cream Cheese, Fresh Pear Slices, Milk
AM SNACK: Juice Break
LUNCH: Hebrew National Hot Dogs (split lengthwise), Hot Dog Buns, **ORGANIC** Ketchup, French Fries, Fruit Salad, Milk
PM SNACK: String Cheese, Pepperoni, **ORGANIC** Triscuits (**Infants: Ritz Crackers**), Water