

# Rocking Horse Early Learning Center

2253 American Way  
Port Allen, LA 70767

**Breakfast**  
November 2021

225-749-4004  
Info@RHELCL.com  
TaxID: 26-3480811

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
WW English Muffin Breakfast Sausage Sliced Peaches Whole/Skim Milk	WW Buttered Toast Mixed Fruit Whole/Skim Milk	WW Pancakes w/ Syrup Fresh Bananas Whole/Skim Milk	Brown Sugar/Cinnamon Oatmeal Sliced Peaches Whole/Skim Milk	WW Waffles w/ Syrup Fruit Cocktail Whole/Skim Milk
8	9	10	11	12
WW French Toast Sticks Sliced Peaches Whole/Skim Milk	Cheese Grits Mixed Tropical Fruit Whole/Skim Milk	WW Toast w/ Jelly Fruit Cocktail Whole/Skim Milk	WW Cinnamon Biscuits Sliced Pears Whole/Skim Milk	Breakfast Sausage Mandarin Oranges Whole/Skim Milk
15	16	17	18	19
WW Waffle w/ Syrup Sliced Peaches Whole/Skim Milk	WW Buttered Biscuit Mixed Tropical Fruit Whole/Skim Milk	Dry Cereal Fruit Cocktail Whole/Skim Milk	Buttered Grits Sliced Pears Whole/skim Milk	WW English Muffin Mandarin Oranges Whole/Skim Milk
22	23	24	25	26
Creamy Oatmeal Mixed Tropical Fruit Whole/Skim Milk	WW French Toast Sticks Mandarin Oranges Whole/Skim Milk	WW Cinamaon Toast Mixed Fruit Whole/Skim Milk	Breakfast Sausage Fruit Cocktail Whole/Skim Milk	Dry Cereal Sliced Pears Whole/Skim Milk
29	30			
WW English Muffin Breakfast Sausage Sliced Peaches Whole/Skim Milk	WW Buttered Toast Mixed Fruit Whole/Skim Milk			

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**Lunch**  
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<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 1                      Baked Pork Chop Cajun Rice Dressing Sweet Pototo Casserole Sliced Peaches                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 2                      WW Grilled Cheese Sandwich Green Beans Sliced Pears Whole/Skim Milk                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 3                      Chicken &amp; Sausage Jambalya Sweet Peas Fruit Cocktail Whole/skim Milk                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 4                      Beef Stew Steamed Rice Buttered Squash Fresh Bananas                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 5                      Breaded Fish Sticks WW Macaroni &amp; Cheese Sweet Peas Sliced Pears                 </div>
<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 8                      Chicken and Sausage Gumbo Steamed Rice Buttered Corn' Sliced Pears                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 9                      WW Spaghetti w/ Meat Sauce Steamed Brocoli Fruit Cocktail Whole/Skiim Milk                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 10                      Tuna Salad w/ WW Sliced Bread Green Beans Mandarin Orange Slices                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 11                      BBQ Pork Baked Beans Buttered Diced Potatoes Pineapple Tidbits                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 12                      Red Beans w/ Ham &amp; Sausage Steamed Rice Green Beans Mixed Tropical Fruit                 </div>
<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 15                      Meatloaf w/ Gravy Steamed Rice Sweet Peas Sliced Pears                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 16                      Oven Fried Fish Garlic Mashed Potatoes Lima Beans Pineapple Chunks                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 17                      WW Pastalya w/ Pork &amp; Sausage Sweet Potatos Tropical Fruit                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 18                      All Beef Hot Dog w/ WW Bun Buttered Diced Potatos Mandarin Oranges Whole/Skim Milk                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 19                      Chicken Stew Steamed Rice Brocoli &amp; Cheese Casserole Fuit Cocktail                 </div>
<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 22                      Tuna Salad w/ WG Crackers Glazed Carrots Pinapple Tidbits Whole/Skim Milk                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 23                      Smothered Pork Chops Mashed Potatos Sweet Peas Applesauce                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 24                      White Beans w/ Ham &amp; Sausage Steamed Rice Buttered Squash / Sliced Pears                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 25                      WW Chicken Nuggets Green Beans Mixed Fruit Whole/Skim Milk                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 26                      Sloppy Joe on WW Bun Salad w Ranch Dressing Sliced Peaches Whole/Skim Milk                 </div>
<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 29                      Baked Pork Chop Cajun Rice Dressing Sweet Pototo Casserole Sliced Peaches                 </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; width: 15px; height: 15px; display: inline-block; margin-bottom: 5px;"></div> 30                      WW Grilled Cheese Sandwich Green Beans Sliced Pears Whole/Skim Milk                 </div>			

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## Afternoon Snack

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Monday	Tuesday	Wednesday	Thursday	Friday
1 WG Animal Cracker 100% Juice	2 White Cheddar Cheese Its 100% Juice	3 WW Honey Graham Crackers 100% Juice	4 WG Cheddar Goldfish 100% Juice	5 WG Bean & Veggie Crackers 100% Juice
8 Oyster Crackers 100% Juice	9 WG Teddy Graham Crackers 100% Juice	10 Crackers Mozzarella String Cheese 100% Juice	11 Ritz Bitz Cheese Crackers 100% Juice	12 WG Cheddar Cheese its 100% Juice
15 WG Animal Crackers 100% Juice	16 White Cheddar Cheese Its 100% Juice	17 WW Honey Graham Crackers 100% Juice	18 WG Cheddar Goldfish 100% Juice	19 WG Bean & Veggie Carckers 100% Juice
22 Oyster Crackers 100% Juice	23 WG Teddy Graham Crackers 100% Juice	24 WG Cheddar Cheese Its 100% Juice	25 Ritz Bitz Cheese Crackers 100% Juice	26 Crackers Mozzarella String Cheese 100% Juice
29 WG Animal Cracker 100% Juice	30 White Cheddar Cheese Its 100% Juice			

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