



November 2020 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	3 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	4 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	5 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	6 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
9 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	10 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	11 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	12 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	13 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
16 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	17 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	18 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	19 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	20 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
23 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	24 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	25 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	26 Closed for Thanksgiving	27 Closed for Thanksgiving
30 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese				<i>Age appropriate milk must be served with breakfast</i>

+Whole grain



November 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p>3</p> <p>Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p>4</p> <p>(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>5</p> <p>Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p>6</p> <p>BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>
<p>9</p> <p>Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit</p>	<p>10</p> <p>(V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p>	<p>11</p> <p>Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p>	<p>12</p> <p>Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit</p>	<p>13</p> <p>(V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p>
<p>16</p> <p>Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p>	<p>17</p> <p>(V) Whole grain pizza* Garden salad Fresh fruit</p>	<p>18</p> <p>Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit</p>	<p>19</p> <p>(V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p>20</p> <p>THANKSGIVING DINNER Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit</p>
<p>23</p> <p>Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p>24</p> <p>Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit</p>	<p>25</p> <p>Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit</p>	<p>26</p> <p>Closed for Thanksgiving</p>	<p>27</p> <p>Closed for Thanksgiving</p>
<p>30</p> <p>Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p>			<p><i>Age appropriate milk must be served with lunch</i></p>	<p><i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i></p>

(V) Vegetarian meal

*Whole grain

#Gluten free

^Vegan