

## <u>Menu</u> November 2017

	Monday, 10/30	Tuesday, 10/31	Wednesday, 11/1	Thursday, 11/2	Friday, 11/3
Breakfast	Mixed Cereal,	Blueberry Bagel w/ Cream Cheese, Fresh	Yogurt Parfait w/	Warm Buttered	Make Your Own
	Bananas, Milk		Strawberries, Rice Krispies, Milk	Biscuits w/ Fruit	Breakfast Pizza w
		Sliced Mixed Fruit, Milk	Krispies, Milk	Compote, Fresh Sliced Seasonal	Turkey Bacon, Fresh Sliced
lunch	Hearty Turkey Soup	Turkey Stroganoff,	BBQ Salmon Filets,	Fruit, Milk Glazed Carrots,	Oranges, Milk
Lunch	w/ Pasta, Sweet				Teriyaki Chicken
	Peas, Fresh Sliced	Mixed Vegetables, Pineapples, Milk	Steamed Winter- Blend Vegetables,	Applesauce, Cheesy Mac n	Thighs, Sautéed Spinach, Assorte
	Assorted Fruit, Milk	Filledppies, Milk	Wheat Dinner Roll,	Cheese, Butter	Fruit, Corn Bread
	Associed Fruit, Milk		*Mango, Milk	Beans, Milk	Muffins, Milk
Snack	Cheesy Cornbread,	Harvest Apple Bread,	Cinnamon Bread	Vegetable Medley	Pumpkin Pie
SHUCK	Applesauce, Water	Fresh Sliced Melon,	Bites, Fresh Sliced	w/ Ranch, Wheat	Muffins, String
	Applesauce, water	Water	Apples, Water	Crackers, Water	Cheese, Water
	Monday, 11/6	Tuesday, 11/7	Wednesday, 11/8	Thursday, 11/9	Friday, 11/10
Breakfast	Toasted Oats	Waffles w/ Fruit	Cheese Toast on	Pancake w/ Peach	Make Your Own
bicakiasi	Cereal, Banana,	Compote, Fresh Sliced	Wheat, Fresh Sliced	Topping, Fresh	Breakfast Pizza w
	Milk	Melon, Milk	Pears, Milk	Assorted Fruit, Milk	Turkey Bacon,
					Fresh Sliced
					Oranges, Milk
Lunch	Homemade Chili,	Chicken, Broccoli &	Turkey Pizza Burgers	Turnip Greens,	BBQ Chicken
LUNCH	Steamed Mixed	Rice Casserole,	on Wheat Bread,	Cornbread,	Sandwich on
	Vegetables, Fresh	*Peaches, Milk	Green Beans,	Combredd, Crowder Peas,	Wheat Bread,
	Sliced Pears, Wheat		Applesauce, Milk	Fresh Sliced	Sweet Potato To
	Crackers, Milk			Oranges, Milk	Fresh Sliced Mixe
	CIUCKEIS, IVIIIK				Fruit, Milk
Snack	Graham Cracker	Cream Cheese	Banana Yogurt, Pita	Fruit Salad, Cheese	Cheesy Bread
SHOCK	Sandwich w/ Sun	& Blueberry Flatbread,	Bread Strips, Water	Squares, Water	Strips w/ Marinar
	Butter, Fresh	Bananas, Water			Sauce, Fresh
	Assorted Fruit,				Sliced Seasonal
	Water				Fruit, Water
	Monday, 11/13	Tuesday, 11/14	Wednesday, 11/15	Thursday, 11/16	Friday, 11/17
Breakfast	Cinnamon Toasted	Warm Buttered	Yogurt Parfait w/	Pancake w/ Peach	Make Your Own
	Oats, Bananas, Milk	Biscuits w/ Fruit	Strawberries, Rice	Topping, Fresh	Breakfast Pizza w
		Compote, Fresh	Krispies, Milk	Sliced Assorted	Turkey Bacon,
		Seasonal Fruit, Milk		Fruit, Milk	Fresh Sliced
					Oranges, Milk
Lunch	Turkey Sandwich on	Taco Mac & Cheese	Chicken & Rice,	Sesame	Tuna Rotini, Sprin
	Wheat, Vegetable	w/ Ground Turkey,	Collard Greens,	Cauliflower w/	Mix Salad w/
	Soup, Fresh Sliced	Italian Green Beans,	*Pineapples, Milk	Rice, Seasoned	Italian Dressing,
	Oranges, Milk	*Mangos, Milk		Black beans, Fresh	Fresh Sliced Pear
	0 / 01. / g 00, / / 11.			Sliced Oranges,	Milk
				Milk	
Snack	Cheesy Cornbread,	Vegetable Medley w/	Cinnamon Bread	Cheesy Bread	Healthy Pumpkir
onder					
	Applesauce, Water	Ranch, Wheat	Bites, Fresh Sliced	sinps w/ mainara	Pie Mullins, Sinne
		<b>u</b>		Strips w/ Marinara Sauce, Fresh Sliced	Cheese, Water
		Ranch, Wheat	Bites, Fresh Sliced Apples, Water		-
	Applesauce, Water	Ranch, Wheat Crackers, Water	Apples, Water	Sauce, Fresh Sliced Seasonal Fruit, Water	Cheese, Water
	Applesauce, Water Monday, 11/20	Ranch, Wheat Crackers, Water Tuesday, 11/21	Apples, Water Wednesday, 11/22	Sauce, Fresh Sliced Seasonal Fruit,	
Breakfast	Applesauce, Water Monday, 11/20 Rice Krispies,	Ranch, Wheat Crackers, Water <b>Tuesday, 11/21</b> Waffles w/ Fruit	Apples, Water Wednesday, 11/22 Cheese Toast on	Sauce, Fresh Sliced Seasonal Fruit, Water	Cheese, Water
Breakfast	Applesauce, Water Monday, 11/20	Ranch, Wheat Crackers, Water <b>Tuesday, 11/21</b> Waffles w/ Fruit Compote, Fresh Sliced	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced	Sauce, Fresh Sliced Seasonal Fruit, Water	Cheese, Water
	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk	Ranch, Wheat Crackers, Water <b>Tuesday, 11/21</b> Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk	Sauce, Fresh Sliced Seasonal Fruit, Water	Cheese, Water
Breakfast Lunch	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf,	Sauce, Fresh Sliced Seasonal Fruit, Water	Cheese, Water
	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens,	Sauce, Fresh Sliced Seasonal Fruit, Water	Cheese, Water Friday, 11/24
	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread,	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23	Cheese, Water Friday, 11/24
	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos,	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens,	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23	Cheese, Water Friday, 11/24
Lunch	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23	Cheese, Water Friday, 11/24
	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk Fruit Salad, Cheese	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23	Cheese, Water Friday, 11/24
Lunch	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23	Cheese, Water Friday, 11/24
Lunch	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk Fruit Salad, Cheese	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23	Cheese, Water Friday, 11/24
Lunch	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit,	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk Fruit Salad, Cheese	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23	Cheese, Water Friday, 11/24
Lunch	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR	Cheese, Water Friday, 11/24 THANKSGIVING
Lunch Snack	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR Thursday, 11/30	Cheese, Water Friday, 11/24 THANKSGIVING
Lunch	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal,	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR	Cheese, Water Friday, 11/24 THANKSGIVING Friday, 12/1 Turkey Sausage
Lunch Snack	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR Thursday, 11/30 Apple Oatmeal, Fresh Sliced Pears,	Cheese, Water Friday, 11/24 THANKSGIVING Friday, 12/1 Turkey Sausage Biscuit, Fresh
Lunch Snack	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal,	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit,	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR	Cheese, Water Friday, 11/24 THANKSGIVING Friday, 12/1 Turkey Sausage Biscuit, Fresh Sliced Mixed Frui
Lunch Snack	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal,	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR Thursday, 11/30 Apple Oatmeal, Fresh Sliced Pears,	Cheese, Water Friday, 11/24 THANKSGIVING Friday, 12/1 Turkey Sausage Biscuit, Fresh
Lunch Snack Breakfast	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal, Bananas, Milk	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR Thursday, 11/30 Apple Oatmeal, Fresh Sliced Pears, Milk	Cheese, Water Friday, 11/24 THANKSGIVING Friday, 12/1 Turkey Sausage Biscuit, Fresh Sliced Mixed Frui Milk
Lunch Snack	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal, Bananas, Milk Turkey Lasagna,	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk Parmesan Chicken	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR Thursday, 11/30 Apple Oatmeal, Fresh Sliced Pears, Milk Tomato & Tofu	Cheese, Water Friday, 11/24 THANKSGIVING Friday, 12/1 Turkey Sausage Biscuit, Fresh Sliced Mixed Frui Milk Yellow Rice,
Lunch Snack Breakfast	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal, Bananas, Milk Turkey Lasagna, Sweet Peas, Fresh	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk Fruit Salad, Cheese Squares, Water Tuesday, 11/28 Cheese Grits, Wheat Toast, Applesauce Milk BBQ Turkey Meatballs, Steamed green	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk Parmesan Chicken Penne Pasta,	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR CLOSED FOR Apple Oatmeal, Fresh Sliced Pears, Milk Tomato & Tofu Pizza, Seasoned	Cheese, Water Friday, 11/24 THANKSGIVING Friday, 12/1 Turkey Sausage Biscuit, Fresh Sliced Mixed Frui Milk Yellow Rice, Turkey Salisbury
Lunch Snack Breakfast	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal, Bananas, Milk Turkey Lasagna,	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk Parmesan Chicken Penne Pasta, Mixed Vegetables,	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR CLOSED FOR Apple Oatmeal, Fresh Sliced Pears, Milk Tomato & Tofu Pizza, Seasoned Mixed Beans,	Cheese, Water Friday, 11/24 THANKSGIVING THANKSGIVING Friday, 12/1 Turkey Sausage Biscuit, Fresh Sliced Mixed Frui Milk Yellow Rice, Turkey Salisbury patties w/ Gravy
Lunch Snack Breakfast	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal, Bananas, Milk Turkey Lasagna, Sweet Peas, Fresh	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk Fruit Salad, Cheese Squares, Water Tuesday, 11/28 Cheese Grits, Wheat Toast, Applesauce Milk BBQ Turkey Meatballs, Steamed green	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk Parmesan Chicken Penne Pasta, Mixed Vegetables, Fresh Sliced Melons,	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR CLOSED FOR Apple Oatmeal, Fresh Sliced Pears, Milk Tomato & Tofu Pizza, Seasoned	Cheese, Water Friday, 11/24 THANKSGIVING THANKSGIVING Friday, 12/1 Turkey Sausage Biscuit, Fresh Sliced Mixed Frui Milk Yellow Rice, Turkey Salisbury patties w/ Gravy Cauliflower
Lunch Snack Breakfast	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal, Bananas, Milk Turkey Lasagna, Sweet Peas, Fresh	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk Parmesan Chicken Penne Pasta, Mixed Vegetables,	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR CLOSED FOR Apple Oatmeal, Fresh Sliced Pears, Milk Tomato & Tofu Pizza, Seasoned Mixed Beans,	Cheese, Water Friday, 11/24 THANKSGIVING THANKSGIVING THANKSGIVING Biscuit, Fresh Sliced Mixed Frui Milk Yellow Rice, Turkey Salisbury patties w/ Gravy Cauliflower Fresh Sliced
Lunch Snack Breakfast	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal, Bananas, Milk Turkey Lasagna, Sweet Peas, Fresh	Ranch, Wheat Crackers, Water	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk Parmesan Chicken Penne Pasta, Mixed Vegetables, Fresh Sliced Melons,	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR CLOSED FOR Apple Oatmeal, Fresh Sliced Pears, Milk Tomato & Tofu Pizza, Seasoned Mixed Beans,	Cheese, Water Friday, 11/24 THANKSGIVING THANKSGIVING Friday, 12/1 Turkey Sausage Biscuit, Fresh Sliced Mixed Frui Milk Yellow Rice, Turkey Salisbury patties w/ Gravy Cauliflower Fresh Sliced Seasonal Fruit
Lunch Snack Breakfast	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal, Bananas, Milk Turkey Lasagna, Sweet Peas, Fresh Sliced Apples, Milk	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk Fruit Salad, Cheese Squares, Water Tuesday, 11/28 Cheese Grits, Wheat Toast, Applesauce Milk BBQ Turkey Meatballs, Steamed green beans, Wheat Dinner Roll, *Mangos, Milk	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk Parmesan Chicken Penne Pasta, Mixed Vegetables, Fresh Sliced Melons, Milk	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR CLOSED FOR Apple Oatmeal, Fresh Sliced Pears, Milk Tomato & Tofu Pizza, Seasoned Mixed Beans, Applesauce, Milk	Cheese, Water Friday, 11/24 THANKSGIVING THANKSGIVING Friday, 12/1 Turkey Sausage Biscuit, Fresh Sliced Mixed Frui Milk Yellow Rice, Turkey Salisbury patties w/ Gravy Cauliflower Fresh Sliced Seasonal Fruit Milk
Lunch Snack Breakfast	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal, Bananas, Milk Turkey Lasagna, Sweet Peas, Fresh Sliced Apples, Milk Nutless Trail Mix,	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk Fruit Salad, Cheese Squares, Water Tuesday, 11/28 Cheese Grits, Wheat Toast, Applesauce Milk BBQ Turkey Meatballs, Steamed green beans, Wheat Dinner Roll, *Mangos, Milk	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk Parmesan Chicken Penne Pasta, Mixed Vegetables, Fresh Sliced Melons, Milk Pumpkin Bread,	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR CLOSED FOR CLOSED FOR CLOSED FOR Toreal, Fresh Sliced Pears, Milk Tomato & Tofu Pizza, Seasoned Mixed Beans, Applesauce, Milk	Cheese, Water Friday, 11/24 THANKSGIVING THANKSGIVING TUREY Sausage Biscuit, Fresh Sliced Mixed Frui Milk Yellow Rice, Turkey Salisbury patties w/ Gravy Cauliflower Fresh Sliced Seasonal Fruit Milk Banana Pudding
Lunch Snack Breakfast	Applesauce, Water Monday, 11/20 Rice Krispies, Banana, Milk Pepper Penne Buttery Pasta w/ Chicken, Steamed Cabbage, Mangos, Lemon, Milk Graham Cracker Sandwich w/ Sun butter, Fresh Assorted Fruit, Water Monday, 11/27 Mixed Cereal, Bananas, Milk Turkey Lasagna, Sweet Peas, Fresh Sliced Apples, Milk	Ranch, Wheat Crackers, Water Tuesday, 11/21 Waffles w/ Fruit Compote, Fresh Sliced Melon, Milk Baked Turkey Ham and Cheese on Wheat Bread, Sweet Peas, Fresh Sliced Assorted Fruit, Milk Fruit Salad, Cheese Squares, Water Tuesday, 11/28 Cheese Grits, Wheat Toast, Applesauce Milk BBQ Turkey Meatballs, Steamed green beans, Wheat Dinner Roll, *Mangos, Milk	Apples, Water Wednesday, 11/22 Cheese Toast on Wheat, Fresh Sliced Pears, Milk Turkey Meatloaf, Mustard Greens, Cornbread, Applesauce, Milk Banana Yogurt, Pita Bread Strips, Water Wednesday, 11/29 Cinnamon Cream of Wheat, Fresh Sliced Grapefruit, Milk Parmesan Chicken Penne Pasta, Mixed Vegetables, Fresh Sliced Melons, Milk	Sauce, Fresh Sliced Seasonal Fruit, Water Thursday, 11/23 CLOSED FOR CLOSED FOR CLOSED FOR Apple Oatmeal, Fresh Sliced Pears, Milk Tomato & Tofu Pizza, Seasoned Mixed Beans, Applesauce, Milk	Friday, 11/24 THANKSGIVING THANKSGIVING Turkey Sausage Biscuit, Fresh Sliced Mixed Frui Milk Yellow Rice, Turkey Salisbury patties w/ Gravy Cauliflower Fresh Sliced Seasonal Fruit



Serving Size per Age Group	1-2 Years Old	3-5 Years Old	6-12 Years Old
Milk	½ cup	¾ CUP	1 cup
Fruit, Vegetables, Juice	¼ cup	½ cup	¾ CUP
Bread	½ slice	½ slice	1 slice
Cereal, Grain	¼ cup	¼ cup	½ cup
Meat/Meat Alternative	1 ounce	1 ½ ounces	2 ounces
Serving Size per Age Group	1-2 Years Old	3-5 Years Old	6-12 Years Old
Milk	½ cup	¾ CUP	1 cup
Fruit, Vegetables, Juice	¼ cup	½ cup	³∕₄ cup
Bread	1/2 slice	1/2 slice	1 slice
Cereal, Grain	¼ cup	¼ cup	½ cup
Meat/Meat Alternative	1 ounce	1 ½ ounces	2 ounces

\* Fruit that arrives frozen (neither canned nor fresh)

Menu subject to change due to: 1. Choking hazards of infants & toddlers and 2. Known allergies of children in our care.

DHCDC is committed to serving only lean proteins (chicken, turkey, fish), maintaining a nut-free and pork-free facility, all vegetables or fresh or frozen, and preparing homemade meals.

DHCDC Chef, preparing all food and menus: Ms. Candisha Williams

This menu was approved by **Ms. Stacey McCalmon.** Should you have any inquiries, please contact her at: <u>smccalmon@dhcdc.com</u>