



## November 2023 Menu Breakfast, Lunch & Snack Menu



		1 <b>Breakfast:</b> Kix Cereal, Banana, Milk <b>Lunch:</b> Sweet and Sour Chicken, Brown Rice, Carrots, Pineapple, Milk <b>Snack:</b> Pretzels, Cheese	2 <b>Breakfast:</b> Pancake, Pears, Milk <b>Lunch:</b> Hamburger Vegetable Soup, Bun, Applesauce, Milk <b>Snack:</b> Cheez-its, Banana	3 <b>Breakfast:</b> Sausage Patty, Peaches, Milk <b>Lunch:</b> Pizza, Green Beans, Pears, Milk <b>Snack:</b> Teddy Grahams, Milk
6 <b>Breakfast:</b> Cheerios, Mandarin Oranges, Milk <b>Lunch:</b> Turkey Sandwich, Bread, Carrots, Peaches, Milk <b>Snack:</b> Chex Mix, Pears	7 <b>Breakfast:</b> WG Muffin, Blueberries, Milk <b>Lunch:</b> Popcorn Chicken, Mashed Potatoes, Bread Slice, Fruit Cocktail, Milk <b>Snack:</b> Yogurt, Graham Crackers	8 <b>Breakfast:</b> Oatmeal, Applesauce, Milk <b>Lunch:</b> Hamburger Taco Hotdish, Corn, Pineapple, Milk <b>Snack:</b> Oranges, Pretzels	9 <b>Breakfast:</b> French Toast Sticks, Fruit Cocktail, Milk <b>Lunch:</b> Chicken Patty, Bun, Green Beans, Pears, Milk <b>Snack:</b> Crackers, Cheese	10 <b>Breakfast:</b> Rice Krispies, Peaches, Milk <b>Lunch:</b> Meat and Cheese, Crackers, Carrots, Mixed Fruit,, Milk <b>Snack:</b> WG Goldfish, Fruit
13 <b>Breakfast:</b> Corn Flakes, Mandarin Oranges, Milk <b>Lunch:</b> Sunbutter & Jelly, Bread, Peas, Fruit Cocktail, Milk <b>Snack:</b> Teddy Grahams, Milk	14 <b>Breakfast:</b> Yogurt, Peaches, Milk <b>Lunch:</b> Popcorn Chicken, Sweet Potato Fries, Bread Slice, Pears, Milk <b>Snack:</b> Chex Mix, Fruit	15 <b>Breakfast:</b> Toast, Strawberries, Milk <b>Lunch:</b> Pork Riblet, Bun, Mashed Potatoes, Applesauce, Milk <b>Snack:</b> Cheese, Crackers	16 <b>Breakfast:</b> Waffle, Fruit Cocktail, Milk <b>Lunch:</b> Ravioli/Sauce, Green Beans, Bread Slice, Peaches, Milk <b>Snack:</b> Pretzels, Mixed Fruit	17 <b>EHS CLOSED</b>
20 <b>Breakfast:</b> Rice Krispies, Peaches, Milk <b>Lunch:</b> Ham and Cheese, Bread, Peas, Applesauce, Milk <b>Snack:</b> Animal Crackers, Milk	21 <b>Breakfast:</b> WG Muffin, Pears, Milk <b>Lunch:</b> BBQ Chicken, Green Beans, Buttered Noodles, Fruit Cocktail, Milk <b>Snack:</b> Apples, Graham Crackers	22 <b>Breakfast:</b> Sausage Patty, Applesauce, Milk <b>Lunch:</b> Hamburger, Bun, Cucumbers, Pears, Milk <b>Snack:</b> Goldfish Crackers, Cheese Stick	23 <b>EHS CLOSED</b>	24 <b>EHS CLOSED</b>
27 <b>Breakfast:</b> Cheerios, Pears, Milk <b>Lunch:</b> Sunbutter & Jelly, Bread, Carrots, Fruit Cocktail, Milk <b>Snack:</b> Crackers, Cheese	28 <b>Breakfast:</b> Yogurt, Strawberries, Milk <b>Lunch:</b> Chicken Noodle Soup, Saltines, Carrots, Peaches, Milk <b>Snack:</b> WG Muffin, Milk	29 <b>Breakfast:</b> Shredded Wheat, Fruit Cocktail, Milk <b>Lunch:</b> WG Pasta, Meatballs/Sauce, Green Beans, Pineapple, Milk <b>Snack:</b> Graham Crackers, Applesauce	30 <b>Breakfast:</b> Waffle, Peaches, Milk <b>Lunch:</b> Chicken Patty, Bun, Corn, Pears, Milk <b>Snack:</b> Cereal, Milk	



Lunch is served with Skim Milk or Whole Milk and Water.  
All bread/grain is whole grain.  
All meals are subject to change.

"Head Start/Early Head Start is an equal opportunity provider."