November Breakfast Menu

All meals are served with whole grain bread, peanut butter and jelly; 1% skim or chocolate milk.
Fruit is offered daily with breakfast.
Fresh Fruit is available on Tuesday and Thursday.
Breakfast is served with juice or milk.
All Menus are subject to change without notice.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 French Toast Cereal/Toast Yogurt String Cheese Juice/Fruit	2 Muffins Cereal/Toast Yogurt String Cheese Juice/Fruit	3 Breakfast Sandsiches Cereal/Toast Yogurt String Cheese Juice/Fruit	4
5	6 Cream Cheese Croissants Cereal/Toast Yogurt String Cheese Juice/Fruit	7 Cinnamon Rolls Cereal/Toast Yogurt String Cheese Juice/Fruit	8 Pancakes Cereal/Toast Yogurt String Cheese Juice/Fruit	9 Breakfast Burritos Cereal/Toast Yogurt String Cheese Juice/Fruit	10 **NO SCHOOL VETERANS DAY**	11
12	13 Pumpkin Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	14 Biscuits & Gravy Cereal/Toast Yogurt String Cheese Juice/Fruit	15 Cinnamon Churros Cereal/Toast Yogurt String Cheese Juice/Fruit	16 Waffles Cereal/Toast Yogurt String Cheese Juice/Fruit	17 Sticky Buns Cereal/Toast Yogurt String Cheese Juice/Fruit	18
19	20 Omelets Cereal/Toast Yogurt String Cheese Juice/Fruit	21 Parfaits Cereal/Toast Yogurt String Cheese Juice/Fruit	22 Doughnuts Cereal/Toast Yogurt String Cheese Juice/Fruit	23 **NO SCHOOL THANKSGIVING BREAK**	24 **NO SCHOOL THANKSGIVING BREAK**	25
26	27 Breakfast Bars Cereal/Toast Yogurt String Cheese Juice/Fruit	28 Pancake Wraps Cereal/Toast Yogurt String Cheese Juice/Fruit	29 Egg Bake Cereal/Toast Yogurt String Cheese Juice/Fruit	30 Breakfast Pizza Cereal/Toast Yogurt String Cheese Juice/Fruit		

This institution is an equal opportunity provider.

November Lunch Menu

All meals are served with whole grain bread, peanut butter and jelly; 1% skim or chocolate milk.
Fruit is offered daily with breakfast.
Fresh Fruit is available on Tuesday and Thursday.
Breakfast is served with juice or milk.
All Menus are subject to change without notice.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chicken Tortilla Soup Corn Tortilla Chips Sala Bar Fruit	2 Goulash W.G. Breadsticks Green Beans Fresh Fruit	3 Pot Roast Mashed Potatoes W.G. Dinner Rolls Carrots Fruit	4
5	6 Pizza Salad Bar Fruit	7 Ham & Cheese Pita Pockets Broccoli Fresh Fruit	8 Orange Chicken Veggie Rice California Blend Fruit	9 Hamburgers W.G. Hamburger Buns Corn Fresh Fruit	10 **NO SCHOOL VETERANS DAY**	11
12	13 Smoked Sausage California Blend Fruit	14 Breaded Chicken Peas Fresh Fruit	15 Pulled Pork Sand. Hoagie Bun Sun Chips Baked Beans Fruit	16 Tater Tot Hotdish W.G. Dinner Rolls Corn Fresh Fruit	17 Chicken Quesadillas Corn Chips Fruit	18
19	20 Chicken Nuggets Mac & Cheese W.G. Breadsticks Corn Fruit	21 Lasagna W.G. Breadsticks Green Beans Fresh Fruit	22 Spaghetti W.G. Garlic Toast Green Beans Fruit	23 **NO SCHOOL THANKSGIVING BREAK**	24 **NO SCHOOL THANKSGIVING BREAK**	25
26	27 Corndogs W.G. Sun Chips Baked Beans Fruit	28 Chicken Cordon Bleu Rice Peas Fresh Fruit	29 Grilled Cheese Tomato Soup Carrots Fruit	30 Taco-in-a-Bag W.G. Breadsticks Salad Bar Fresh Fruit		

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Head Start November Snacks

Monday	Tuesday	Wednesday	Thursday
		1 No Head Start P/T Conferences	2
6 Crackers Cheesesticks	7 Bananas Peanut Butter Milk	8 Broccoli w/ Ranch Goldfish Crackers	9 Peaches Cottage Cheese
13 Chips & Salsa Peppers w/ Ranch	14 Yogurt & Strawberries	15 Carrots w/ Ranch Crackers	16 Apples w/ Peanut Butter Milk
20 Oranges Milk	21 Cucumbers w/ Ranch Goldfish Crackers	22 Blueberry Muffins Milk	23 No School Thanksgiving
27 Peanut Butter & Jelly Sandwiches Milk	28 Bananas	29 Meat and Cheese Tray Ritz Crackers	30 Yogurt Graham Crackers