

# NOVEMBER 2023 MENU

Monday	Tuesday	Wednesday	Thursday
		<b>1</b> <u><b>Breakfast</b></u> Kix Bananas <u><b>Lunch</b></u> Sweet/Sour Chicken Brown Rice Carrots/Pineapple <u><b>Snack</b></u> Pretzels/Cheese	<b>2</b> <u><b>Breakfast</b></u> Pancakes Pears <u><b>Lunch</b></u> Hamburger Vegetable Soup Buns Applesauce <u><b>Snack</b></u> Cheez Its/Bananas
<b>6</b> <u><b>Breakfast</b></u> Cheerios Mandarin Oranges <u><b>Lunch</b></u> Turkey Sandwiches Carrots Peaches/Bread <u><b>Snack</b></u> Chex Mix/Pears	<b>7</b> <u><b>Breakfast</b></u> Muffins Blueberries <u><b>Lunch</b></u> Popcorn Chicken Mashed Potatoes Fruit Cocktail/Bread <u><b>Snack</b></u> Yogurt/Graham Crackers	<b>8</b> <u><b>Breakfast</b></u> Oatmeal Applesauce <u><b>Lunch</b></u> Hamburger Taco Hotdish Corn Pineapple <u><b>Snack</b></u> Oranges/Pretzels	<b>9</b> <u><b>Breakfast</b></u> French Toast Sticks Fruit Cocktail <u><b>Lunch</b></u> Chicken Patties/Bun Green Beans Pears <u><b>Snack</b></u> Cheese/Crackers
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
No Preschool Conferences	No Preschool Conferences	No Preschool Conferences	No Preschool Conferences
<b>20</b> <u><b>Breakfast</b></u> Rice Krispies Peaches <u><b>Lunch</b></u> Ham/Cheese Sandwiches Carrots Pineapple <u><b>Snack</b></u> Animal Crackers	<b>21</b> <u><b>Breakfast</b></u> Muffins Pears <u><b>Lunch</b></u> BBQ Chicken Buttered Noodles Green Beans/Fruit Cocktail <u><b>Snack</b></u> Apples/Graham Crackers	<b>22</b> <u><b>Breakfast</b></u> Sausage Patties Applesauce <u><b>Lunch</b></u> Hamburgers/Bun Cucumbers Pears <u><b>Snack</b></u> Goldfish /Cheese Sticks	<b>CLOSED</b>
<b>27</b> <u><b>Breakfast</b></u> Cheerios Pears <u><b>Lunch</b></u> Sunbutter/Jelly Sandwiches Peas Applesauce <u><b>Snack</b></u> Cheese/Crackers	<b>28</b> <u><b>Breakfast</b></u> Yogurt Strawberries <u><b>Lunch</b></u> Chicken Noodle Soup Carrots Peaches/Crackers <u><b>Snack</b></u> Muffins	<b>29</b> <u><b>Breakfast</b></u> Shredded Wheat Fruit Cocktail <u><b>Lunch</b></u> Meatballs/Pasta/Sauce Green Beans Pineapple <u><b>Snack</b></u> Graham Crackers/Applesauce	
			<b>30</b> <u><b>Breakfast</b></u> Waffles Peaches <u><b>Lunch</b></u> Chicken Patties/Bun Corn Pears <u><b>Snack</b></u> Cereal



All meals served with 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

