

November Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
Pancake Wraps Cereal/Toast Yogurt String Cheese Juice/Fruit	Churros Cereal/Toast Yogurt String Cheese Juice/Fruit	Scrambled Eggs Cereal/Toast Yogurt String Cheese Juice/Fruit	Cinnamon Twists Doughnuts Cereal/Toast Yogurt String Cheese Juice/Fruit	Biscuits & Gravy Cereal/Toast Yogurt String Cheese Juice/Fruit		
9	10	11	12	13	14	15
Omelets Cereal/Toast Yogurt String Cheese Juice/Fruit	No School – Veteran's Day	Pancakes Cereal/Toast Yogurt String Cheese Juice/Fruit	Eggstravaganza Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Pizza Cereal/Toast Yogurt String Cheese Juice/Fruit		
16	17	18	19	20	21	22
Parfaits Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Bars Cereal/Toast Yogurt String Cheese Juice/Fruit	Egg Bake Cereal/Toast Yogurt String Cheese Juice/Fruit	Banana Bread Cereal/Toast Yogurt String Cheese Juice/Fruit	French Toast Cereal/Toast Yogurt String Cheese Juice/Fruit		
23	24	25	26	27	28	29
Pumpkin Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	Muffins Cereal/Toast Yogurt String Cheese Juice/Fruit	No School – Thanksgiving Break	No School – Thanksgiving Break	No School – Thanksgiving Break		
30						

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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.

November Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	Chicken Nuggets Mac & Cheese Peas Fruit	Tater Tot Hotdish W.G. Dinner Rolls Corn Fresh Fruit	Pork Chops Mashed Potatoes W.G. Dinner Rolls Green Beans Fruit	Chicken Fajitas Fajita Vegetables Fresh Fruit	Crispitos Salad Bar Fruit	
9	10	11	12	13	14	15
	Chicken Strips Chips Broccoli Fruit	No School – Veteran's Day	Sausage W.G. Dinner Rolls California Blend Fruit	Meatballs Buttered Noodles W.G. Dinner Rolls Corn Fresh Fruit	Chicken Burger Smiley Fries Salad Bar Fruit	
16	17	18	19	20	21	22
	Chicken Wings Carrots Fruit	Pulled Pork Chips Green Beans Fresh Fruit	Hamburgers Baked Beans Fruit	Corndogs Peas Fresh Fruit	Pizza Salad Bar Fruit	
23	24	25	26	27	28	29
	Ham Mac & Cheese W.G. Dinner Rolls Broccoli Fruit	Turkey Stuffing Mashed Potatoes Gravy W.G. Dinner Rolls Green Bean Casserole Fresh Fruit Mini Pumpkin Cheesecakes	No School – Thanksgiving Break	No School – Thanksgiving Break	No School – Thanksgiving Break	
30						

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This institution is an equal opportunity provider.

Head Start November

Snacks

Monday	Tuesday	Wednesday	Thursday
3 Apples Goldfish Crackers	4 Carrots w/ Ranch Oyster Crackers	5 Peanut Butter Jelly Sandwich Milk	6 No Head Start P/T Conf.
No Head Start P/T Conf.	No School Veteran's Day	12 Cheese Sticks Ritz Crackers	13 Cereal Milk
7 Broccoli w/ Ranch Goldfish Crackers	18 Oranges Milk	19 Blueberry Muffins Milk	20 Bananas Peanut Butter
24 Apple Sauce Graham Crackers	25 Cereal Milk	26 No School Thanksgiving Break	27

trunk bush

Wolverine

④

③

②
trunk bush on
Horned
Puffin

④

③

④
loons on
islands
Duck
trunk bush
Horned
Puffin

②

③

④

③

④

③

④

③

loons on
islands
Duck