




November Menu



Day 1 (1)	Day 2 (2)	Day 3 (3)
Breakfast Biscuit, applesauce, milk Lunch Pork Stroganoff, green beans, mixed fruit, milk P.M. Snack Cheese stick, apples	Breakfast Hoe Cakes, mixed fruit, milk Lunch Beef Soft Burrito, corn, applesauce, milk P.M. Snack Blueberry muffin, 2% milk	Breakfast Cereal, bananas, milk Lunch Chicken Fettuccini Alfredo, oranges, peas, milk P.M. Snack Tater tots, milk
Day 4 (6)	Day 5 (7)	Day 6 (8)
Breakfast Bagel, applesauce, milk Lunch Corndog, mixed veggies, bananas, milk P.M. Snack Tortilla, peas	Breakfast Cereal, pears, milk Lunch Crunchy Chicken nuggets, bread slice, carrots, pineapple, milk P.M. Snack Animal crackers, milk	Breakfast Waffles, pineapple, milk Lunch Ground beef w/Macaroni & Cheese, green beans, apples, milk P.M. Snack Soft bread sticks, milk
Day 7 (9)	Day 8 (10)	Day 9 (13)
Breakfast Croissant, apples, milk Lunch Chicken Fried Rice, mixed veggies, peaches, milk P.M. Snack Cereal, milk	Veteran's Day 	Breakfast Toast, mixed fruit, milk Lunch Fish sticks, bread slice, tater tots, peas, milk P.M. Snack English muffin, applesauce

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

Recipe sources: <http://www.recipezaar.com/> <http://www.bhg.com/recipe/> <http://www.pammshouse.com/dcrecipes.html>

<http://stepbystepcc.com/menu2.html> http://www.nal.usda.gov/childcare/Recipes/recipes_menus.html

Water is served throughout the day and upon request

Meal may be substituted with something different depending on availability of food when shopping or cooking project

Menu will be posted weekly on refrigerator and in the front of the sign in/out book



graphics by
**Thistle Girl
 Designs**



November Menu



Day 10 (14)	Day 11 (15)	Day 12 (16)
Breakfast Pancakes, bananas, milk Lunch Easy Chicken, rice, broccoli, applesauce, milk P. M. Snack Toast, yogurt	Breakfast Raspberry muffin, oranges, milk Lunch Spaghetti mac, peas, pears, milk P. M. Snack Animal crackers, applesauce	Breakfast French toast, applesauce, milk Lunch Ground Pork Meatloaf, bread, green beans, apples, milk P. M. Snack Tortilla, oranges
Day 13 (17)	Day 14 (20)	Day 15 (21)
Breakfast Bagel, pears, milk Lunch Beef sausage fried rice, corn, oranges, milk P. M. Snack Tater tots, milk	Breakfast Biscuit, apples, milk Lunch Crunch Chicken Strips, noodles, carrots, bananas, milk P. M. Snack Graham crackers, milk	Breakfast French toast sticks, oranges, milk Lunch Sloppy Joes, peas, pears, milk P. M. Snack Soft bread sticks, carrots

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

Recipe sources: <http://www.recipezaar.com/> <http://www.bhg.com/recipe/> <http://www.pammshouse.com/dcrecipes.html>

<http://stepbystepcc.com/menu2.html> http://www.nal.usda.gov/childcare/Recipes/recipes_menus.html

Water is served throughout the day and upon request

Meal may be substituted with something different depending on availability of food when shopping or cooking project

Menu will be posted weekly on refrigerator and in the front of the sign in/out book





graphics by
**Thistle Girl
Designs**



November Menu



Day 16 (22)	Day 17 (23)	Day 18 (24)
Breakfast English muffin, peaches, milk Lunch Baked pork chops, soft bread sticks, mixed veggies, orange, milk P. M. Snack Macaroni & Cheese, milk	<p style="text-align: center;">Happy Thanksgiving!!!</p> 	 <p style="text-align: center;">Have Fun Shopping!!!</p>
Day 19 (27)	Day 20 (28)	Day 21 (29)
Breakfast Cereal, pears, milk Lunch Ham & Cheese Croissant Sandwich, green beans, peaches, milk P. M. Snack Muffin, milk	Breakfast Muffin, pears, milk Lunch Spaghetti bake, carrots, mixed fruit, 2% milk P. M. Snack Tortilla, cheddar cheese	Breakfast Waffles, mixed fruit, milk Lunch Chicken Sandwich, corn, bananas, milk P. M. Snack Croissant, milk
Day 22 (30)		
Breakfast Toast, bananas, milk Lunch Hamburger Rice Casserole, mixed veggies, pears, milk P. M. Snack French toast sticks, milk		

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

Recipe sources: <http://www.recipezaar.com/> <http://www.bhg.com/recipe/> <http://www.pammshouse.com/dcrecipes.html>

<http://stepbystepcc.com/menu2.html> http://www.nal.usda.gov/childcare/Recipes/recipes_menus.html

Water is served throughout the day and upon request

Meal may be substituted with something different depending on availability of food when shopping or cooking project

Menu will be posted weekly on refrigerator and in the front of the sign in/out book



graphics by
Thistle Girl Designs