

# November Breakfast Menu

SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cereal Craisins Milk 1	Pancakes Pears Milk 2	Muffins Raisins Milk 3	Cereal Peaches Milk 4	Oatmeal Bananas Milk 5	
	Cereal Applesauce Milk 8	Pancakes Peaches Milk 9	Muffins Mixed fruit Milk 10	CLOSED 11	Waffles Bananas Milk 12	
	Cereal Pears Milk 15	Pancake Oranges Milk 16	Muffin Peaches Milk 17	Cereal Apple Sauce Milk 18	Cereal Bananas Milk 19	
	Cereal Oranges Milk 22	Pancakes Raisins Milk 23	Muffin Pears Milk 24	CLOSED 25	CLOSED 26	
	Cereal Oranges Milk 29	Pancakes Pears Milk 30	Muffin Raisins Milk 1	Cereal Peaches Milk 2	Waffles Bananas Milk 3	MENU SUBJECT TO CHANGE

To follow the milk guidelines of the Child and Adult Care Food Program:

Children ages 1 year are given whole milk. Children 2 years and older are given 1% milk.

Children ages 1 and 2 years are given 4 oz at breakfast, and 4 oz at lunch. Children ages 3-5 are given 6 oz at breakfast and 6 oz at lunch.

If you would like your child to have additional milk, or at other times of day, you may provide it in ready to serve cup/bottle.

Children in Rainbow Room, Smiley Faces, Discovery, or Shining Stars must pack additional items in a container that will keep it cold until it is to be served.

# November

## Lunch Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Pizza Pineapple Carrots	2 Spaghetti Fruit Cocktail Corn	3 Sun butter & Jelly Sandwich Mixed Vegetable Applesauce	4 Tomato Soup Buttered Noodles Green Beans	5 Chicken Sandwich Broccoli Mandrain Oranges	All Meals Served with Milk
	8 Pierogies Fruit Cocktail Corn	9 Meatball Hoagie Mixed Vegetable Pears	10 Spaghetti Peas Applesauce	11 CLOSED	12 Meatloaf Mashed Potatoes Peaches	Apple Juice is 100% Juice
	15 Cheese Ravoli Carrots Mandrain oranges	16 Pizza Green Beans Applesauce	17 Hot Ham & Cheese Sandwich Rice Peas	18 Sun Butter & Jelly Mixed veg Peaches	19 Chicken Nuggets French Fries Pears	
	22 Tomato Soup Buttered Noodles Corn	23 Grilled Cheese Fruit Cocktail Peas	24 Italian Dunker Pears Mixed Vegetable	25 CLOSED	26 CLOSED	
	29 Mac and cheese Peas Applesauce	30 Pierogis Fruit cocktail Corn	1 Swedish Meatballs Gravy Noodles Pears	2 Sun butter & Jelly Mandarin Oranges Mixed vegetables	3 Spaghetti Peas Peaches	MENU SUBJECT TO CHANGE

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If you would like your child to have additional milk, or at other times of day, you may provide it in ready to serve cup/bottle.

Children in Rainbow Room, Smiley Faces, Discovery, or Shining Stars must pack additional items in a container that will keep it cold until it is to be served.

Please note that if a meat/food item is on the menu that seems unsuitable for children under and at age 1, we will substitute another soft food.

# November

## Snack Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 AM: Goldfish Juice PM: Tortilla Chips	2 AM: Soft Pretzels  PM: String cheese/ crackers	3 AM: yogurt PM: Cheerios  Juice	4 AM: Veggies/Ranch Crackers PM: Animal Crackers	5 AM: Pretzel rods Juice PM: Goldfish	
	8 AM: fig bars  PM:rice cakes Juice	9 <b>AM:</b> String Cheese & Crackers PM: Vanilla Wafers Raisins	10 AM: Cereal  PM: Tortilla Chips	11 CLOSED	12 <b>AM</b> Carrots & Ranch  <b>PM:</b> Goldfish & Craisins	
	15 AM: String Cheese & Crackers  PM: Vanilla Wafers	16 <b>AM:</b> Yogurt & Raisins  <b>PM:</b> Animal Crackers	17 AM Graham Crackers  Juice <b>PM:</b> Goldfish	18 AM: Pretzel Rods  <b>PM:</b> Cheez-its	19 <b>AM:</b> Rice cakes Juice  <b>PM:</b> Tortilla Chips	
	22 AM: Graham Crackers & juice PM: Rice cakes	23 <b>AM:</b> Chex & Apple slices  <b>PM:</b> Vanilla Wafers	24 AM: Fig Bars  PM: Teddy Grahams	25 CLOSED	26 CLOSED	
	29 AM: Cheez-its Juice  PM: Fig bars	30 AM: pretzels Juice <b>PM:</b> Animal crackers	1 AM: Yogurt  PM: Cheerios	2 AM: Bananas  PM: Oatmeal Cookies	3 AM: String Cheese Crackers  <b>PM:</b> Goldfish	MENU SUBJECT TO CHANGE

To follow the Child and Adult Care Food Program Guidelines: When children are offered juice, it is 100% apple juice. Children ages 1 and older are offered 4 oz.

\*SOME foods maybe substituted for children 1 year and younger