



November Lunch Menu 2018



Monday

Tuesday

Wednesday

Thursday

Friday

5.
Chicken Stew **DF**
Green Salad **VG**
Waffle Biscuit **WG**
Fresh Fruit

6.
Turkey Pot Roast
Mashed Potatoes
Garlicky Spinach
Wheat Bread **WG**
Baked Apple w/Vanilla Ice Cream

7.
Chicken and Rice
Chilled Beets
Whole Wheat Bread **WG**
Fresh Fruit

1.
Chicken Nuggets
Baby Green Peas
Whole wheat bread **WG**
Fresh fruit

2.
Cheese/Pepperoni Pizza on Whole
Wheat Crust **WG**
Green Salad w/ Cucumber, Radish,
Tomatoes w/Dressing **VG**
Infants/Toddlers: Cooked Carrots
Fresh Fruit

12.

Veretan's Day Holiday
CDC Closed

13.
Roasted Vegetable Soup **VN VG DF GF**
Grilled Cheese on Whole Wheat
Fresh Fruit

14.
Chicken Parm Sliders
Confetti Corn
Fresh Fruit

15. – Thanksgiving Lunch
Roast Turkey w/Gravy & Stuffing
Mashed Sweet Potatoes
w/Marshmallows
Green Beans
Cranberry Sauce
Dinner Roll
Pumpkin Pie w/Whipped Cream

6.
Pasta w/Non-Nut Pesto & Cherry
Tomatoes
Artisan Salad w/Dressing
Bread Stick
Infants/Toddlers: Cooked Peas
Fresh Fruit

19.
Broccoli Chicken Mac & Cheese **O**
Garlicky Green Beans
Wheat Bread **WG**
Fresh Fruit

20.
Beef Tacos w/Shredded Lettuce,
Diced Tomatoes, Cheese, Salsa,
Guacamole
Black beans & Corn
Fresh Fruit

21.
Turkey Sandwich w/Cranberry Mayo
WG
Vegetable Tray
Infants/Toddlers: Cooked vegetables
Fresh Fruit

22.

Thanksgiving Day Holiday
CDC Closed

23.

Thanksgiving Day Holiday
CDC Closed

26.
Chicken Fingers
Peas & Carrots
Whole Wheat Bread **WG**
Fresh Fruit

27.
Tomato Feta Soup **VG GF**
Basil Cheese on Toast **WG**
Mini Carrots
Infant/Toddlers: Cooked mini carrots
Fresh Fruit

28.
Tuna Salad Sandwich on Whole
Wheat **WG**
Vegetable Tray
Infants/Toddlers: Cooked vegetables
Fresh Fruit

29.
BBQ Chicken Leg
Sautéed Shreded Brussel Sprouts
Whole Wheat Bread **WG**
Fresh Fruit

30.
Potluck Lunch
Children's Choice

Key:

GF: Gluten Free **DF:** Dairy Free **VN:** Vegan **O:** Organic **VG:** Vegetarian **LF:** Low Fat **WG:** Whole Grain **LS:** Low Sodium **LP:** Local Produce



November Snack Menu 2016



AM

Monday

English Muffin w/ Apple
Butter
Milk

Tuesday

Candy Corn Parfait
(Pineapple, Orange, Yogurt)
Cranberry Juice

Wednesday

Mini Blueberry Muffin
Milk

Thursday

Egg & Cheese Omelet
Orange Juice

Friday

Oatmeal w/ Blueberries
Milk



PM



Apple Pie Popcorn
Apple Juice

Apple Sauce w/Cinnamon
Graham Crackers

Pretzels Rods
Pumpkin Hummus

Candy Corn Fruit Bites
Cheddar Cheese Chunks

Orange Slices
Teddy Grahams