

November 2017

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday
 		1 AM: Quaker cereal bar & apple slices L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: Cheese slices & crackers	2 AM: Fresh fruit and organic animal crackers L: Pasta with butter and Parmesan cheese, salad, fresh fruit & milk PM: Apple slices and snack mix	3 AM: Graham crackers & milk L: Turkey sliders on a bun, fresh fruit & milk PM: Goldfish crackers & raisins
6 AM: Cereal & milk L: Cheese pizza, green beans, oranges & milk PM: Apple slices & Cheez-Its	7 AM: Toasted bagel & milk L: Roasted chicken strips with BBQ dipping sauce, mashed potatoes, mixed veggies & milk PM: Ritz crackers and cheese sticks	8 COOK'S CHOICE	9 AM: Quaker cereal bar & apple slices L: Cheese ravioli with butter and Parmesan sauce, salad, fresh fruit & milk PM: Orange slices & Graham crackers	10 AM: Lowfat yogurt & organic animal crackers L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Unsweetened applesauce and Club crackers
13 AM: Bananas & Graham crackers L: Cheesy scrambled eggs, tator tots, fresh fruit & milk PM: Snack mix & fresh fruit	14 AM: Whole wheat toast & milk L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges & milk PM: Club crackers and cheese sticks	15 AM: French toast sticks and fresh fruit L: Turkey Sloppy Joes, fresh fruit, green beans & milk PM: Pretzels & raisins	16 AM: Cereal & milk L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Friendship Fruit Salad & organic animal crackers	17 AM: Lowfat yogurt & organic animal crackers L: Pasta Alfredo, steamed broccoli, fresh fruit & milk PM: Cheese slices & crackers
20 AM: Fresh fruit & Graham crackers L: Fish sticks, rice pilaf, fresh fruit & milk PM: Goldfish crackers & raisins	21 AM: Toasted English muffin & milk L: Chicken noodle soup, sliced cheese, crackers, fresh fruit & milk PM: Apple slices and snack mix	22 AM: Fresh fruit with organic animal crackers L: Turkey hot dog, french fries, oranges & milk PM: String cheese & Ritz crackers	23 CLOSED Happy Thanksgiving	24 AM: Cereal & milk L: Cheese pizza, green beans, oranges & milk School closes at 12 noon
27 AM: Cereal & milk L: Chicken taquitos, vegetarian refried beans, fresh fruit & milk PM: Snack mix & fresh fruit	28 AM: Toasted bagels and fresh fruit L: Cheese Tortalini with marinara sauce, mixed veggies & milk PM: Fresh fruit & Goldfish crackers	29 AM: Fresh fruit and organic animal crackers L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: String cheese & Club crackers	30 COOK'S CHOICE	

NOTE: all milk is 1%, breakfast is over at 7:30 and is always cold cereal, milk and fresh fruit