

November 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 AM: Low-fat Yogurt & organic animal crackers</p> <p>L: Roasted chicken, mashed potatoes, mixed veggies & milk</p> <p>PM: String Cheese & Club crackers</p>
<p>4 AM: Low-fat yogurt & organic animal crackers</p> <p>L: Fish sticks, rice pilaf & milk</p> <p>PM: Goldfish crackers & raisins</p>	<p>5 AM: French Toast & milk</p> <p>L: Mac 'N Cheese, mixed veggies, fresh fruit & milk</p> <p>PM: Goldfish Crackers & Raisins</p>	<p>6 AM: Graham Crackers & fresh fruit</p> <p>L: Turkey hot dog, tator tots, fresh fruit & milk</p> <p>PM: String cheese & club crackers</p>	<p>7 AM: Cereal bar & fresh fruit</p> <p>L: Vegetarian bean & cheese burrito, fresh fruit & milk</p> <p>PM: Fresh fruit & snack mix</p>	<p>8 AM: Fresh fruit & organic animal crackers</p> <p>L: Turkey & cheese slices, crackers, fresh fruit & milk</p> <p>PM: Graham crackers & fresh fruit</p>
<p>11 AM: Graham crackers & fresh fruit</p> <p>L: Cheesy scrambled eggs, tator tots, fresh fruit & milk</p> <p>PM: Sliced cheese & crackers</p>	<p>12 AM: Whole wheat toast & milk</p> <p>L: Turkey & cheese sandwiches on whole wheat, carrots, fresh fruit & milk</p> <p>PM: Snack mix & raisins</p>	<p>13 AM: French toast sticks & milk</p> <p>L: Turkey "Sloppy Joes", Mixed veggies, fresh fruit & milk</p> <p>PM: String cheese & Club crackers</p>	<p>14 AM: Cereal bar & fresh fruit</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit & milk</p> <p>PM: Pretzels & raisins</p>	<p>15 AM: Low-fat yogurt & Graham crackers</p> <p>L: Cheese quesadillas, vegetarian beans, fresh fruit, & milk</p> <p>PM: Fresh fruit & organic animal crackers</p>
<p>18 AM: Whole wheat toast & milk</p> <p>L: Turkey hot dog, tator tots, fresh fruit, & milk</p> <p>PM: String cheese & pretzels</p>	<p>19 AM: Low-fat yogurt & fresh fruit</p> <p>L: WOW butter & Jelly sandwiches, fresh fruit & milk</p> <p>PM: Fresh fruit & Organic animal crackers</p>	<p>20 AM: Cereal Bar & fresh fruit</p> <p>L: Pasta w/ butter & parmesan, mixed veggies, fresh fruit & milk</p> <p>PM: Slices cheese & crackers</p>	<p>21 AM: Organic animal crackers & milk</p> <p>L: Pasta w/ marinara sauce, mixed veggies & milk</p> <p>PM: String cheese & Club Crackers</p>	<p>22 AM: Fresh Fruit & organic animal crackers</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk</p> <p>PM: Goldfish crackers & Raisins</p>
<p>25 AM: Cereal & milk</p> <p>L: Cheese pizza, Green beans, fresh fruit & milk</p> <p>PM: Pretzels & fresh fruit</p>	<p>26 AM: Graham crackers & milk</p> <p>L: Vegetarian bean & cheese burrito, fresh fruit & milk</p> <p>PM: Fresh fruit & snack mix</p>	<p>27 AM: Toasted bagel & fresh fruit</p> <p>L: Roasted Chicken w/ BBQ dipping sauce, mashed potatoes, peas & milk</p> <p>PM: Graham Crackers & fresh fruit</p>	<p>28</p> <p>CLOSED FOR THANKSGIVING</p> 	<p>29</p> <p>CLOSED AT NOON</p> <p>COOK'S CHOICE</p>

Breakfast is over at 7:30 and is always fresh fruit, cold cereal, and milk.

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