

NOVEMBER 2018 MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| Breakfast 29 Sugar Free Cereal, Berries, Milk Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk Snack Homemade Banana Bread, Milk | Breakfast 30 Oatmeal, Fruit, Milk Lunch WW Spaghetti & Turkey Meat Balls, Veggies, Fruit, Milk Snack Yogurt, Granola, Water | Breakfast 31 WW English Muffins, Scrambled Eggs, Fruit, Milk Lunch Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk Snack Fruit & Cheese, Water | Breakfast NOV 1 Whole Wheat Pancakes, Fruit, Milk Lunch Tacos, Spanish Rice, Fruit, Veggies, Milk Snack Cottage Cheese, Fruit, Water | Breakfast 2 Kale Fruit Smoothies, Whole Wheat Toast, Milk Lunch Chicken Alfredo w/Veggies, Fruit, Milk Snack Fresh Fruit, Graham Cracker Bars, Water |
| Breakfast 5 Cream of wheat and fruit. Milk Lunch Baked chicken served with WW pasta salad, squash and fruit. Milk Snack Trail Mix. Milk | Breakfast 6 Apple French Toast Bake, Turkey Sausage, Milk Lunch Sloppy Joes on WW Bun, Veggies, Fruit, Milk Snack Banana and crackers. Water | Breakfast 7 Sugar Free Cereal, Fruit, Milk Lunch WW Pizza w/Veggies, Fruit, Milk Snack Veggies W/Homemade Ranch, Milk | Breakfast 8 Baked Scone, Fruit, Milk Lunch All Natural WW Mac & Cheese, Veggies, Fruit, Milk Snack Homemade Oatmeal Bars, Fruit, Water | Breakfast 9 Quiche, Roasted Potatoes, Fruit, Milk Lunch Turkey Burger on WW Bun, Veggies, Fruit, Milk Snack String Cheese, Apples, Water |
| Breakfast 12 Sugar Free Cereal, Fruit, Milk Lunch Lentils with Rice, Fruit, Veggies, Milk Snack Yogurt with Granola, Water | Breakfast 13 Blueberry Bagels, Cream Cheese, Fruit, Milk Lunch Chicken Alfredo w/Veggies, Fruit, Milk Snack Homemade Oatmeal Bars, Milk | 14 <p style="text-align: center;">Grandparent's Lunch - Menu TBD</p> | 15 <p style="text-align: center;">Grandparent's Lunch - Menu TBD</p> | Breakfast 16 Apple French Toast Bake, Milk Lunch Chicken Noodle Soup w/Veggies, Roll, Fruit, Milk Snack Cottage Cheese, Fruit, Water |
| Breakfast 19 Whole Wheat Pancakes, Fruit, Milk Lunch All Natural Mac & Cheese, Fruit, Veggies, Milk Snack Homemade Cereal Bars, Milk | Breakfast 20 Scrambled Eggs, WW English Muffins, Fruit, Milk Lunch Soft Shell Tacos, Spanish Rice, Fruit, Veggies, Milk Snack Vanilla Yogurt, Granola, Water | Breakfast 21 Sugar Free Cereal, Fruit, Milk Lunch Lasagna Hot Dish w/Veggies & WW Pasta, Fruit, Milk Snack Homemade Shortcake w/Fruit, Milk | 22 <p style="text-align: center;">All Programs Closed - Thanksgiving</p> | 23 <p style="text-align: center;">All Programs Closed - Thanksgiving</p> |
| Breakfast 26 Apple French Toast Bake, Turkey Sausage, Milk Lunch Sloppy Joes on WW Bun, Fruit, Veggies, Milk Snack Yogurt, Fruit, Water | Breakfast 27 Cream of Wheat, Fruit, Milk Lunch Stroganoff Over Noodles, Veggies, Fruit, Milk Snack Trail Mix, Milk | Breakfast 28 Fresh Baked Scone, Fruit, Milk Lunch Quinoa w/Beans, Veggies, Fruit, Milk Snack Cottage Cheese, Fruit, Water | Breakfast 29 Sugar Free Cereal, Fruit, Milk Lunch Chicken Sandwich on WW Bun, Veggie, Fruit, Milk Snack String Cheese, Fruit, Water. | Breakfast 30 Quiche, Fruit, Toast, Milk Lunch All Natural Macaroni & Cheese, Fruit, Veggie, Milk Snack Chef's Choice, Milk |

