

NOVEMBER 2021

Organic whole milk is served to children under two in the infant and toddler programs. Children two and older will be served 1% or skim milk. One-grain rich food is served every day.

POM serves the following cereals:
Hy-Vee - Tastee-O's - 2 grams of sugar per 1.5 cup serving size, and Chex - Gluten Free - 2 grams of sugar per 1.5 cup serving size.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast NOV 1 Bagels W/cream Cheese, Fruit, Milk</p> <p>Lunch Sloppy Joes On Ww Bun, Veggies, Fruit, Milk</p> <p>Snack Chex Mix, Milk</p>	<p>Breakfast 2 Fruit Smoothie, Ww Toast, Milk</p> <p>Lunch Baked Chicken, Ww Pasta Salad, Squash, Fruit, Milk</p> <p>Snack String Cheese, Apples, Water</p>	<p>Breakfast 3 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Ww Pizza W/ground Turkey, Veggies, Fruit,milk</p> <p>Snack Veggies W/homemade Ranch, Milk</p>	<p>Breakfast 4 Breakfast Biscuit W/sausage & Cheese, Fruit, Milk</p> <p>Lunch Fresh Baked Chicken Salad Sand On Ww Bun, Veggies, Milk</p> <p>Snack Cereal Bars, Milk</p>	<p>Breakfast 5 Quiche W/veggies, Roasted Potatoes, Fruit, Milk</p> <p>Lunch All Natural Ww Mac & Cheese, Veggies, Fruit, Milk</p> <p>Snack Crackers, Bananas, Water</p>
<p>Breakfast 8 Fruit Smoothie, Ww Toast, Milk</p> <p>Lunch Ww Spaghetti & Meat Balls, Veggies, Fruit, Milk</p> <p>Snack Yogurt With Fruit,water</p>	<p>Breakfast 9 Bagels, Cream Cheese, Fruit, Milk</p> <p>Lunch Bbq Chicken Quesadillas, Veggies, Fruit, Milk</p> <p>Snack Homemade Oatmeal Bars, Milk</p>	<p>Breakfast 10 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Tater Tot Hot Dish W/veggies, Fruit, Ww Bread, Milk</p> <p>Snack Chef's Choice, Milk</p>	<p>Breakfast 11 Breakfast Pizza W/breakfast Sausage, Fruit, Milk</p> <p>Lunch Grilled Cheese Sandwich On Ww Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Cream Cheese & Crackers, Milk</p>	<p>Breakfast 12 Apple French Toast Bake, Breakfast Sausage, Fruit, Milk</p> <p>Lunch Chicken Fried Rice W/veggies, Fruit, Milk</p> <p>Snack Homemade Ranch, Crackers, Water</p>
<p>Breakfast 15 Whole Wheat Pancakes, Fruit, Milk</p> <p>Lunch Fresh Baked Chicken Salad Sandwich On Ww Bun, Veggies, Milk</p> <p>Snack Homemade Banana Bread, Milk</p>	<p>Breakfast 16 Scrambled Eggs, Ww English Muffins, Fruit, Milk</p> <p>Lunch Soft Shell Tacos, Spanish Rice, Fruit, Veggies, Milk</p> <p>Snack Apples, Sun Butter, Water</p>	<p>Breakfast 17 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Chili, Veggie, Corn Bread, Fruit, Milk</p> <p>Snack Homemade Shortcake W/fruit, Milk</p>	<p>Breakfast 18 Fresh Baked Muffins, Fruit, Milk</p> <p>Lunch Ww Pizza W/cheese & Turkey, Veggies, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>Breakfast 19 Strawberry Oatmeal Bake, Fruit, Milk</p> <p>Lunch Ww Turkey & Cheese Quesadillas W/veggies, Fruit, Milk</p> <p>Snack Zucchini Bread W/cinnamon Butter, Milk</p>
<p>Breakfast 22 Biscuits And Gravy, Fruit, Milk</p> <p>Lunch Sloppy Joes On Ww Bun, Sweet Oitati Fries, Milk</p> <p>Snack Yogurt, Fruit, Water</p>	<p>Breakfast 23 Bagels, Cream Cheese, Fruit, Milk</p> <p>Lunch Stroganoff Over Ww Noodles, Veggies, Fruit, Milk</p> <p>Snack Veggies w/Ranch, Cheese, Water</p>	<p>Breakfast 24 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Bbq Chicken Pinwheels, Veggie, Fruit, Milk</p> <p>Snack Chex Mix W/milk</p>	<p>All Programs Closed - Thanksgiving Holiday</p>	
<p>Breakfast 29 Ww Pancakes, Fruit, Milk</p> <p>Lunch Ww Spaghetti Meatballs, Veggies, Fruit, Milk</p> <p>Snack Apples, Sun Butter, Water</p>	<p>Breakfast 30 Scrambled Eggs, Toast, Fruit, Milk</p> <p>Lunch Chicken Rice Casserole W/veggies, Fruit, Milk</p> <p>Snack Homemade Banana Ice Cream W/cocoa, Crackers, Water</p>	<p>Breakfast DEC 1 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Turkey Burgers On Ww Bun, Fruit, Veggie, Milk</p> <p>Snack Zucchini Bread With Cinnamon Butter, Milk</p>	<p>Breakfast 2 Yogurt Parfait, W/ Fruit & Granola, Milk</p> <p>Lunch Soft Shell Tacos, Whole Grain Rice, Fruit, Veggies, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>Breakfast 3 Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Apple Orchard Chicken W/ Ww Pasta Salad, Veg, Fruit, Milk</p> <p>Snack Fruit, Graham Cracker Bars, Water</p>

