

# November 2020



Care a lot

"Where caring is at the heart of what we do!"

## Cranberry-Sauce Muffins



<p><b><u>2</u></b> <b>Breakfast</b> Cheerios Pear Halves</p> <p><b><u>Lunch</u></b> Chicken Taco w/ Lettuce &amp; Cheese on a Whole Wheat Wrap Corn Pineapple Chunks</p> <p><b><u>Snack</u></b> Apple Slices Pretzels</p>	<p><b><u>3</u></b> <b>Breakfast</b> Homemade French Toast Peaches</p> <p><b><u>Lunch</u></b> Soy Butter &amp; Jelly on Wheat Bread Mixed Vegetables Fruit Cocktail</p> <p><b><u>Snack</u></b> Whole Wheat Pita Orange</p>	<p><b><u>4</u></b> <b>Breakfast</b> Breakfast Pizza on Whole Wheat Crust Fresh Banana Slices</p> <p><b><u>Lunch</u></b> Cheeseburger Macaroni Carrots Applesauce</p> <p><b><u>Snack</u></b> Salsa Corn Chips</p>	<p><b><u>5</u></b> <b>Breakfast</b> Bagels Cantaloupe</p> <p><b><u>Lunch</u></b> Chicken Nuggets Green Beans Whole Wheat Roll Fresh Fruit</p> <p><b><u>Snack</u></b> Yogurt Graham Crackers</p>	<p><b><u>6</u></b> <b>Breakfast</b> Whole Wheat Pumpkin Muffin Apricots</p> <p><b><u>Lunch</u></b> Shells w/ Beef &amp; Sauce Steamed Broccoli Pears</p> <p><b><u>Snack</u></b> Ritz Crackers Cheese Cubes</p>
<p><b><u>9</u></b> <b>Breakfast</b> Corn Chex Pineapple Tidbits</p> <p><b><u>Lunch</u></b> Meatball Sub on a Whole Wheat Roll Carrots Fruit Cocktail</p> <p><b><u>Snack</u></b> Soy Butter Dip Apple Slices</p>	<p><b><u>10</u></b> <b>Breakfast</b> Wheat Toast Bananas</p> <p><b><u>Lunch</u></b> Chicken w/ Brown Rice Mixed Veggies Applesauce</p> <p><b><u>Snack</u></b> Goldfish Crackers Grape Halves</p>	<p><b><u>11</u></b> <b>Breakfast</b> Mini-Quiche Apricot Halves</p> <p><b><u>Lunch</u></b> Turkey &amp; Gravy w/ Mashed Potatoes Whole Wheat Rolls Cantaloupe Cubes</p> <p><b><u>Snack</u></b> Wheat Crackers Apple Slices</p>	<p><b><u>12</u></b> <b>Breakfast</b> Whole Wheat Pancakes Banana</p> <p><b><u>Lunch</u></b> Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p><b><u>Snack</u></b> Bread Sticks Marinara Dipping Sauce</p>	<p><b><u>13</u></b> <b>Breakfast</b> Whole Wheat English Muffin Apple</p> <p><b><u>Lunch</u></b> Ham and Cheese Green Beans Tropical Fruit</p> <p><b><u>Snack</u></b> Cheddar Cheese Wheat Crackers</p>
<p><b><u>16</u></b> <b>Breakfast</b> Corn Flakes Tangerine</p> <p><b><u>Lunch</u></b> Ravioli &amp; Meat Sauce Carrots Diced Pears</p> <p><b><u>Snack</u></b> Whole Wheat Banana Bread Milk</p>	<p><b><u>17</u></b> <b>Breakfast</b> Whole Wheat Cinnamon Muffin Fruit Cocktail</p> <p><b><u>Lunch</u></b> Chicken with Veggies and Pasta Diced Peaches</p> <p><b><u>Snack</u></b> Soft Pretzel Cheddar Cheese</p>	<p><b><u>18</u></b> <b>Breakfast</b> Mini-Quiche Apricot Halves</p> <p><b><u>Lunch</u></b> Baked Beans w/Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><b><u>Snack</u></b> Vanilla Yogurt with Blueberries</p>	<p><b><u>19</u></b> <b>Breakfast</b> Bagel Peaches</p> <p><b><u>Lunch</u></b> Pasta &amp; Meat Sauce Green Salad Strawberries</p> <p><b><u>Snack</u></b> Whole Wheat Pita Bread w/ Soy Butter</p>	<p><b><u>20</u></b> <b>Breakfast</b> Cinnamon Wheat Toast Fresh Banana Slices</p> <p><b><u>Lunch</u></b> Chicken Noodle Soup Whole Wheat Roll Corn Pineapple Tidbits</p> <p><b><u>Snack</u></b> Wheat Crackers Apple Slices</p>

- 2 cups all-purpose flour
- 1/2 cup packed brown sugar
- 1/4 cup white sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

- 1/2 teaspoon ground cardamom
- 1 cup cranberry sauce
- 3/4 cup milk
- 1/4 cup vegetable oil
- 1 egg, slightly beaten
- 1 teaspoon vanilla extract

1. Preheat oven to 400 degrees F (200 degrees C). Grease 18 muffin cups or line with paper muffin liners.
2. Whisk flour, brown sugar, white sugar, baking powder, salt, cinnamon, and cardamom together in a bowl. Beat cranberry sauce, milk, oil, egg, and vanilla extract together in a separate bowl. Stir flour mixture into cranberry sauce mixture until batter is just-moistened; pour into prepared muffin cups.
3. Bake in the preheated oven until golden brown, about 20 minutes.




# November 2020



**Care a lot**

"Where caring is at the heart of what we do!"

*A Thanksgiving Fruit Platter children can help make!*

<p><u>23</u> <b>Breakfast</b> Rice Krispies Pineapple</p> <p><b>Lunch</b> Sloppy Joe Whole Wheat Roll Hash Brown Potatoes Apple Slices</p> <p><b>Snack</b> Ritz Crackers String Cheese</p>	<p><u>24</u> <b>Breakfast</b> Whole Wheat English Muffin Oranges</p> <p><b>Lunch</b> Chicken w/ Brown Rice Peas and Carrots Cantaloupe</p> <p><b>Snack</b> Vanilla Yogurt Graham Crackers</p>	<p><u>25</u> <b>Breakfast</b> Hot Biscuit Diced Pears</p> <p><b>Lunch</b> Turkey &amp; Gravy w/ Mashed Potatoes Whole Wheat Roll Pineapple Tidbits</p> <p><b>Snack</b> Animal Crackers Pears</p>	<p><u>26</u> <b>Happy Thanksgiving!</b></p> <p><b>CENTER CLOSED</b></p> 	<p><u>27</u></p>  <p><b>CENTER CLOSED</b></p>
<p><u>30</u> <b>Breakfast</b> Cheerios Pear Halves</p> <p><b>Lunch</b> Chicken Taco w/ Lettuce &amp; Cheese on a Whole Wheat Wrap Corn Pineapple Chunks</p> <p><b>Snack</b> Apple Slices Pretzels</p>				



**Notes:**

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change

*In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity.*

*(Not all prohibited bases apply to all programs).*