

November 2020



2

Breakfast

Life Cereal

Applesauce

Lunch

Chicken w/Mixed Veggies
and Rice

Cantaloupe

Snack

Soft Pretzel

Cheese Cubes

3

Breakfast

Whole Grain Waffles

Fruit Cocktail

Lunch

Ravioli w/ Meat Sauce

Whole Wheat Roll

Carrots

Diced Pears

Snack

Graham Crackers

Grapes

4

Breakfast

Hot Biscuit

Honeydew Melon

Lunch

Hot Dogs with Baked Beans

Bun

Pineapple Tidbits

Snack

Animal Crackers

Watermelon

5

Breakfast

Bagel

Peaches

Lunch

Soft Beef Taco w/ Lettuce and Cheese

Corn

Apple Slices

Snack

Pita Chips w/ Fruit Salsa

6

Breakfast

Cinnamon Toast

Banana

Lunch

Grilled Cheese w/ Tomato Soup

Broccoli

Strawberries

Snack

Low Fat Yogurt with Blueberries

9

Breakfast

Rice Krispies

Oranges

Lunch

Corn dog Muffins

Peas and Carrots

Cantaloupe

Snack

Mini Pretzels

Tropical Fruit

10

Breakfast

Pancakes

Banana

Lunch

Turkey and Gravy w/Mashed
Potatoes

Whole Wheat Roll

Fruit Cocktail

Snack

Ritz Crackers

String Cheese

11

Breakfast

Bagel Breakfast Sandwich

Raisins and Craisins

Lunch

Sloppy Joes w/ Roll

Hash Brown

Apple Slices

Snack

Graham Crackers

Raspberries

12

Breakfast

Whole Wheat English Muffin

Pineapple

Lunch

BBQ Chicken

Broccoli

Tropical Fruit

Snack

Oatmeal Bars

Milk

13

Breakfast

Cornbread

Sliced Peaches

Lunch

Bagel Pizzas

Salad

Pears

Snack

Snack Mix



16

Breakfast

- Cheerios
- Pear Halves

Lunch

- Soynut Butter & Jelly Sandwich
- Mixed Veggies
- Fruit Cocktail

Snack

- Yogurt Bark w/ Fresh Fruit

23

Breakfast

- Corn Chex Cereal
- Pineapple Tidbits

Lunch

- Chicken Pasta w/Peas and Carrots
- Applesauce

Snack

- Soynut Butter Dip
- Apple Slices

30

Breakfast

- Chocolate Chip Pancakes
- Mandarin Oranges

Lunch

- Cheese Pizza on Whole Grain Crust
- California Blend Vegetables
- Diced Peaches

Snack

- Veggies w/ Ranch Dip

17

Breakfast

- French Toast
- Peaches

Lunch

- Cheese Quesadilla
- Corn
- Pineapple Tidbits

Snack

- Whole Wheat Pita Bread
- Hummus

24

Breakfast

- Waffle
- Diced Peas

Lunch

- Meatball Sub on Roll
- Carrots
- Fruit Cocktail

Snack

- Whole Wheat Goldfish
- Strawberries

18

Breakfast

- Mini Bagel
- Banana

Lunch

- Cheeseburger Mac and Cheese
- Carrots
- Applesauce

Snack

- Whole Grain Cheese-Its
- Grapes

25

Breakfast

- Whole Grain Rich Toast
- Banana

Lunch

- Turkey w/ Gravy and Mashed Potatoes
- Green Beans
- Pineapple Tidbits

Snack

- Lowfat Yogurt
- Graham Crackers

19

Breakfast

- Scrambled Eggs with Toast
- Honeydew Melon

Lunch

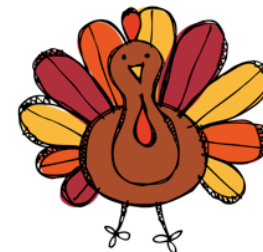
- Chicken Nuggets
- Green Beans
- Watermelons

Snack

- Oatmeal Bars
- Milk

26

Center Closed



gobble 'til
 You Wobble!
 HAPPY TURKEY DAY!

20

Breakfast

- Funfetti Pancake Donuts
- Cantaloupe

Lunch

- Pasta w/ Beef Sauce
- California Blend Mixed Veggies
- Pears

Snack

- Ritz Crackers
- String Cheese

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Center Closed



Notes:

This menu is peanut- free
 Whole milk is served to
 children under 2 years of age. 1% or Fat
 Free Milk is served with
 breakfast and lunch to all ages.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on 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)