



# November 2021 Early Childhood

Meal	Monday 1-Nov	Tuesday 2-Nov	Wednesday 3-Nov	Thursday 4-Nov	Friday 5-Nov
<b>Breakfast</b>	<b>Cereal Bowl</b> Pears	<b>Mini Cinnis</b> Applesauce	<b>Yogurt/Bug Bites</b> Peaches	<b>Appleways Bar</b> Orange Slices	
<b>Lunch</b>					<b>No School</b>
Entree	<b>Orange Chicken/Rice</b>	<b>Lasagna</b>	<b>Burrito Bowl</b>	<b>Yogurt/Cheese/Grain</b>	
Veg	Oriental Vegetables	Zucchini Coins	Black Beans	Broccoli	
Fruit	100% Juice Ice Slushie	Peaches	Juice	Pineapples	
<b>Snack</b>	<b>Cheese Cubes</b> Mandarin Oranges	<b>Goldfish Crackers</b> Orange Slices	<b>Muffin</b> Applesauce	<b>Zee Zee Bar</b> Fruit Cocktail	
<b>1</b>	<b>8-Nov</b>	<b>9-Nov</b>	<b>10-Nov</b>	<b>11-Nov</b>	<b>12-Nov</b>
<b>Breakfast</b>	<b>Cereal Bowl</b> Applesauce	<b>Muffin</b> Orange Slices	<b>Breakfast Pastry</b> Apple Slices		<b>BeneFit Bar</b> Juice
<b>Lunch</b>					
Entree	<b>Cheese Filled Breadsticks/Marinara</b>	<b>Chicken Tenders</b>	<b>Beef Rib B-Q</b>		<b>Pizza</b>
Veg	Broccoli Florets	Roasted Potatoes	Green Beans		Cucumbers
Fruit	Pears	Pineapples	Peaches	Apple Slices	
<b>Snack</b>	<b>Zee Zee Bar</b> Peaches	<b>Bug Bites</b> Yogurt Cup	<b>Muffin</b> Cheese Stick		<b>Mini Bread Loaf</b> Fruit Cocktail
<b>2</b>	<b>15-Nov</b>	<b>16-Nov</b>	<b>17-Nov</b>	<b>18-Nov</b>	<b>19-Nov</b>
<b>Breakfast</b>	<b>Zee Zee Bar</b> Juice	<b>Mini Pancakes</b> Peaches	<b>Cereal Bowl</b> Applesauce	<b>Zucchini Bread</b> Apple Slices	<b>Appleways Bar</b> Orange Slices
<b>Lunch</b>					
Entree	<b>Calzone w/Marinara</b>	<b>Bean &amp; Cheese Burrito/Salsa</b>	<b>Turkey &amp; Gravy/Dinner Roll</b>	<b>Beef Taco/Soft Shell</b>	<b>Chicken Patty/Bun</b>
Veg	Seasonal Fresh Veggie	Black Beans	Mashed Potatoes	Refried Beans	Seasoned Potato Wedges
Fruit	Fruit Cocktail	Strawberries	Pineapples	100% Juice Ice Slushie	Apple Slices
<b>Snack</b>	<b>Goldfish Crackers</b> Apple Slices	<b>Bug Bites</b> Pears	<b>Animal Crackers</b> Yogurt Cup	<b>Muffin</b> Applesauce	<b>Cereal Bowl</b> Milk or Fruit Cocktail
<b>3</b>	<b>22-Nov</b>	<b>23-Nov</b>	<b>24-Nov</b>	<b>25-Nov</b>	<b>26-Nov</b>
<b>Breakfast</b>	<b>Breakfast Bar</b> Peaches	<b>Mini Cinnis</b> Juice			
<b>Lunch</b>					
Entree	<b>Cheese Quesadilla</b>	<b>Pizza</b>			
Veg	Salsa	Broccoli Florets			
Fruit	Applesauce	Pears			
<b>Snack</b>	<b>Muffin</b> Cheese Stick	<b>Cheez-It Crackers</b> Pineapples			
<b>4</b>	<b>29-Nov</b>	<b>30-Nov</b>	<b>1-Dec</b>	<b>2-Dec</b>	<b>3-Dec</b>
<b>Breakfast</b>	<b>Cereal Bowl</b> Applesauce	<b>Appleways Bar</b> Fruit Cocktail	<b>Mini Pancakes</b> Juice	<b>Fruit Filled Pastry</b> Orange Slices	<b>Zee Zee Bar</b> Applesauce
<b>Lunch</b>					
Entree	<b>Chicken Nuggets</b>	<b>Pizza</b>	<b>Omelet/Muffin</b>	<b>Grilled Cheese</b>	<b>Chicken Nachos</b>
Veg	Green Beans	Waffle Fries	Roasted Potatoes	Red Pepper Strips	Black Beans
Fruit	Peaches	Orange Slices	100% Juice Ice Slushie	Apple Slices	Mandarin Oranges
<b>Snack</b>	<b>Muffin</b> Cheese Stick	<b>Bug Bites</b> Yogurt Cup	<b>Zee Zee Bar</b> Applesauce	<b>Mini Bread Loaf</b> Pears	<b>Goldfish Crackers</b> Cheese Cubes