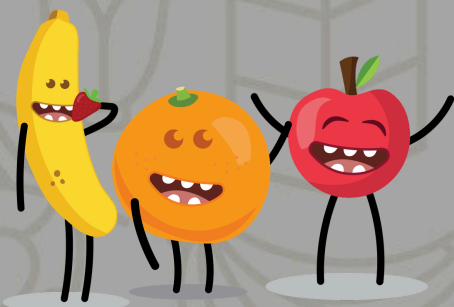


# NOVEMBER HEAD START BREAKFAST

|                                                                       |                                             |                                                                                                                   |                                                                                                                     |                                                                                                                     |
|-----------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Cocoa Puffs™<br>Cereal<br>Mandarin<br>Orange Cup<br>Milk  | <b>3</b><br>Yogurt<br>Apple Slices<br>Milk  | <b>4</b><br>Trix™ Cereal<br>Banana<br>Milk                                                                        | <b>5</b><br>Yogurt<br>Apple Slices<br>Milk                                                                          | <b>6</b><br>Whole Grain Super<br>Stick<br>Apple Mango Fruit<br>Bar<br>Milk                                          |
| <b>9</b><br>Cinnamon Rice<br>Chex™ Cereal<br>Orange Cup<br>Milk       | <b>10</b><br>Yogurt<br>Apple Slices<br>Milk | <b>11</b> <b>No School</b><br>  | <b>12</b><br>Trix Cereal<br>Yogurt<br>Peach Cup<br>Milk                                                             | <b>13</b><br>Strawberry Boli<br>Mango Applesauce<br>Milk                                                            |
| <b>16</b><br>Cocoa Puffs™<br>Cereal<br>Mandarin<br>Orange Cup<br>Milk | <b>17</b><br>Yogurt<br>Apple Slices<br>Milk | <b>18</b><br>Trix™ Cereal<br>Banana<br>Milk                                                                       | <b>19</b><br>Yogurt<br>Apple Slices<br>Milk                                                                         | <b>20</b><br>Whole Grain Super<br>Stick<br>Apple Mango Bar<br>Milk                                                  |
| <b>23</b><br>Cinnamon Rice<br>Chex™ Cereal<br>Orange Cup<br>Milk      | <b>24</b><br>Yogurt<br>Apple Slices<br>Milk | <b>25</b> <b>No School</b><br> | <b>26</b> <b>No School</b><br> | <b>27</b> <b>No School</b><br> |



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# NOVEMBER HEAD START LUNCH

|                                                                                                                         |                                                                                                                                                                |                                                                                                                                 |                                                                                                                                  |                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Cheeseburger Slider<br><br>Soybutter Sandwich<br><br>French Fries<br>Peach Cup                              | <b>3</b><br>Taco Day<br>Seasoned Beef<br>Cheese Sauce<br>Tortilla Shell<br>Lettuce<br>Salsa<br><br>Soybutter Sandwich<br><br>Refried Beans<br>Strawberries     | <b>4</b><br>Italian Dunker<br>Marinara Sauce<br><br>Soybutter Sandwich<br><br>Corn<br>Apple Slices                              | <b>5</b><br>Crispy Chicken Sandwich<br><br>Soybutter Sandwich<br><br>Lettuce<br>French Fries<br>Banana                           | <b>6</b><br>Lemon Chicken<br>White Rice<br><br>Grilled Cheese or<br>Soybutter Sandwich<br><br>Broccoli<br>Applesauce Cup |
| <b>9</b><br>Penne Pasta<br>with Meat Sauce<br>Garlic Toast<br><br>Soybutter Sandwich<br><br>Cucumber Slices<br>Pear Cup | <b>10</b><br>Glazed Chicken Bites<br><br>Soybutter Sandwich<br><br>Seasoned<br>Tater Tots<br>Strawberries                                                      | <b>11 NO SCHOOL</b><br><br>                   | <b>12</b><br>Chicken Nuggets<br>Corn Muffin<br><br>Soybutter Sandwich<br><br>Mashed Potatoes<br>and Gravy<br>Banana              | <b>13</b><br>Turkey & Cheese<br>Croissant<br>Vanilla Goldfish<br>Dragon Juice<br>Punch<br>Peach Cup                      |
| <b>16</b><br>Cheeseburger<br><br>Soybutter Sandwich<br><br>French Fries<br>Peach Cup                                    | <b>17</b><br>Seasoned Beef<br>Tortilla Shell<br>Shredded Cheese<br>Lettuce<br>Salsa<br><br>Soybutter Sandwich<br><br>Refried Beans<br>Strawberries             | <b>18</b><br>Pizza Crunchers<br>with Marinara<br>Sauce<br><br>Soybutter Sandwich<br><br>Corn<br>Cucumber Slices<br>Apple Slices | <b>19</b><br>Brunch for Lunch<br>Pancake<br>with Syrup<br>Chicken Sausages<br><br>Soybutter Sandwich<br><br>Hash Brown<br>Banana | <b>20</b><br>Chicken Finger<br>Basket<br>Galaxy Sauce<br><br>Soybutter Sandwich<br><br>French Fries<br>Applesauce Cup    |
| <b>23</b><br>Sliced Turkey<br>and Gravy<br>Cranberry Sauce<br><br>Soybutter Sandwich<br><br>Mashed Potatoes<br>Pear Cup | <b>24</b><br>Taco Day<br>Seasoned Beef<br>Shredded Cheese<br>Lettuce<br>Salsa<br>Tortilla Shell<br><br>Soybutter Sandwich<br><br>Refried Beans<br>Strawberries | <b>25 NO SCHOOL</b><br><br>                  | <b>26 NO SCHOOL</b><br><br>                 | <b>27 NO SCHOOL</b><br><br>         |

# NOVEMBER HEAD START SNACK

|                                                                             |                                                                             |                                                                                                            |                                                                                                              |                                                                                                              |
|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Cheez-It®<br>Crackers<br>Apple Juice Box                        | <b>3</b><br>French Toast<br>Mini Loaf<br>Tropical Fruit<br>Punch Juice Box  | <b>4</b><br>Whole Grain<br>Cheddar Goldfish<br>Orange Tangerine<br>Juice Box                               | <b>5</b><br>Educational<br>Crackers<br>Very Berry Juice<br>Box                                               | <b>6</b><br>Vanilla Goldfish<br>Graham<br>Orange Tangerine<br>Juice Box                                      |
| <b>9</b><br>Heartzels®<br>Pretzels<br>Tropical Fruit<br>Punch<br>Juice Box  | <b>10</b><br>Cheez-It®<br>Crackers<br>Apple Juice Box                       | <b>11 No School</b><br>   | <b>12</b><br>Whole Grain<br>Cheddar Goldfish<br>Orange Tangerine<br>Juice Box                                | <b>13</b><br>Educational<br>Crackers<br>Very Berry Juice<br>Box                                              |
| <b>16</b><br>Vanilla Goldfish<br>Graham<br>Orange<br>Tangerine<br>Juice Box | <b>17</b><br>Heartzels®<br>Pretzels<br>Tropical Fruit<br>Punch<br>Juice Box | <b>18</b><br>Cheez-It®<br>Crackers<br>Apple Juice Box                                                      | <b>19</b><br>French Toast Mini<br>Loaf<br>Tropical Fruit<br>Punch Juice Box                                  | <b>20</b><br>Whole Grain<br>Cheddar Goldfish<br>Orange Tangerine<br>Juice Box                                |
| <b>23</b><br>Educational<br>Crackers<br>Very Berry Juice<br>Box             | <b>24</b><br>Vanilla Goldfish<br>Graham<br>Orange<br>Tangerine<br>Juice Box | <b>25 No School</b><br> | <b>26 No School</b><br> | <b>27 No School</b><br> |

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