




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 WG Kix Cereal Peaches Milk	2 WG Oatmeal Pineapple Tidbits Milk	3 WG Cinnamon Stuffed Mini Bagel Sliced Apple Milk	4 WG Crispy Rice Cereal (½ oz) Banana Milk	5 Scrambled Eggs WG English Muffin Pears Milk
LUNCH	<u>Latin America</u> Arroz con Pollo (2 oz Pollo 1 ½ oz m/mma with ¼ c Vegetables (Bell Pepper, Onion Tomatoes)) WG Rice Sweet Plantains Milk Veg: Dr Praegars Chix Strips con Pollo w Rice	Beef Patty Slider WG Roll Broccoli & Ranch Dip Mashed Sweet Potatoes Milk Veg: Hummus w Pita	<u>Asian</u> Honey Glazed Chicken 1.5 m/mma Asian WG Brown Rice Stir Fried Asian Vegetables Mandarin Oranges Milk Veg: Honey Glazed Dr Praegars Chix Nuggets	1 Fish Filet 1 WG Bun Ketchup Field Green Salad w Ranch Honeydew Milk Veg: Yogurt & Bun	<u>Make Your Own Burrito</u> Black Beans & Monterrey Cheese 6 in WW Tortilla PC Mild Salsa Spinach w Italian Pineapple Milk Veg: Same
PM SNACK	Vanilla Yogurt WG Goldfish	Zucchini Coins w/Veggie Dip 4 WG Ritz Crackers	Cantaloupe Animal Crackers	Hardboiled Egg Graham Cracker Squares	String Cheese Apple Slices
BREAKFAST	8 WG Corn Flakes Pineapple Tidbits Milk	9 WG French Toast Tropical Fruit Salad (Pineapple, Papaya, Guava) Milk	10 WG English Muffin w Pc Jelly Melon Salad Milk	11 <u>Veterans Day</u> WG Scooter cereal Banana Milk	12 Egg Patty WG Biscuit Mandarin Oranges Milk
LUNCH	<u>Chili</u> Mini Corn Muffin Spinach w Ranch Pears Milk Veg: Vegetarian Chili	<u>Morocco</u> Moroccan Chicken & Vegetables Curried Couscous Cantaloupe Milk Veg: Moroccan Chickpeas	<u>Make Your Own Fish Taco</u> Fish Sticks WG Tortilla (1 oz Grain) Field Greens Salad w creamy Italian Pears Milk Veg: c Sesoned Beans	<u>Make Your Own Wrap</u> Turkey Slices Slice Cheddar Cheese WG Flour Tortilla Cucumbers & Yogurt Dip Apple Slices Milk Veg ½ c Hummus WG Pita	WG Macaroni & Cheese Vegetarian Baked Beans Broccoli w Veggie Dip Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) Milk Veg: Same
PM SNACK	Peaches WG Animal Crackers	Carrot Sticks w/Veggie Dip Cheddar Cheese (IW)	Blueberry mini muffin Juice	Graham Crackers Pineapple	Oatmeal Cookies Vanilla Yogurt
BREAKFAST	15 WG Kix Cereal Peaches Milk	16 WG Waffle Pears Milk	17 WG Bagel & Cream Cheese Sliced Apple Milk	18 WG Crispy Rice (¼ oz) Banana Milk	19 Cheese Omelet WG English Muffin w PC Jelly Pears Milk
LUNCH	<u>Japan</u> Teriyaki Chicken WG Rice Spinach Salad w Ranch Pineapple Milk Veg: Dr Praegars Chix Nuggets w Teriyaki Sauce	<u>Make Your Own Sub</u> Meatballs in Marinara 1 Hot Dog Roll Baby Carrots Honeydew Milk Veg: Vegetarian Meatballs	<u>Chicken & Noodles</u> Chicken WG Twist Field Greens Salad w Italian Tropical Fruit Salad (Pineapple, Papaya, Guava) Milk Veg: Dr. Praegars Chix Strips w Twist	Hamburger WG Hamburger Bun Glazed Carrots Cantaloupe Milk Veg: Veggie Patty	Seasoned Red Beans and WG Rice Broccoli w Italian Dressing Apple Slices Milk Veg: Same
PM SNACK	Applesauce Graham Crackers	Vanilla Yogurt Mandarin Oranges	Cucumbers w/Ranch Dip WG Goldfish	Blueberry Mini Muffin Peaches	IW Cheddar WG Ritz Crackers

DAYCARE Head Start
BREAKFAST, LUNCH, AND SNACK MENU
November 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	22 WG Corn Flakes Pineapple Tidbits Milk	23 WG Pancake w syrup Peaches Milk	24 WG English Muffin w PC Jelly Melon Salad Milk	25 Holiday - No School	26 Holiday - No School
LUNCH	WG Spaghetti & Meat Sauce Green Beans Orange Wedges Milk <i>Veg: Spaghetti & Black Bean Tomato Sauce</i>	<u>Africa</u> Kati Kati Chicken WG Rice Sautéed Spinach & Tomatoes Apple Slices Milk <i>Veg: Kati Kati Chickpeas</i>	<u>Thanksgiving Menu</u> Turkey & Gravy Cranberry Sauce Stuffing Green Beans Candied Sweet Potatoes Milk <i>Veg: Chickenless Tenders (No Gravy)</i>		
PM SNACK	Blueberry Mini Muffin Carrots with Honey Mustard dip	Squares Graham Crackers Tootie Fruity Chip Dip	Cucumber & Veggie Dip String Cheese		
BREAKFAST	30 WG Kix Cereal Peaches Milk	31 WG Oatmeal Pineapple Tidbits Milk			
LUNCH	<u>Latin America</u> Arroz con Pollo (2 oz Pollo 1 1/2 oz m/m with 1/4 c Vegetables (Bell Pepper, Onion Tomatoes)) WG Rice Sweet Plantains Milk <i>Veg: Dr Praegars Chix Strips con Pollo w Rice</i>	1 Beef Patty Slider WG Roll Broccoli & Ranch Dip Mashed Sweet Potatoes Milk <i>Veg: Hummus w Pita</i>			
PM SNACK	Vanilla Yogurt WG Goldfish	Zucchini Coins w/Veggie Dip WG Ritz Crackers			