The Children's Center NOVEMBER 2023 Menu

One and Older Chef's Chains

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAI	I UESDA I	WEDITEDDA I	THURSDAY 2	3
			_	
		Breakfast: Chicken sausage links,**chef's	Breakfast: Pancakes, applesauce, sugar free	Breakfast: Oatmeal, pineapple, Milk
		choice fruit**, Milk	syrup, Milk	Breakiust. Gutilicai, pineappie, wiik
		,	37.00, 1.1111	
		Lunch: Chili, applesauce, whole grain roll and	Lunch: Grilled chicken patty on bun, corn,	Lunch: Swai fillet w/lemon pepper, yams*,
		Milk	peas, Milk	Spinach*, whole grain roll, Milk
		Snack: Vanilla yogurt, peaches and water	Snack: Apple Slices and saltines and water	Snack: Strawberry Yogurt Snack Mix and
				Milk
4	7	o o	0	10
6	7	8	9 DOADD MEETING	
			BOARD MEETING	ALL CENTERS CLOSED
Breakfast pizza, mandarin oranges and Milk	Breakfast: Waffles, pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, pears, Milk	
Breakfast pizza, mandarin oranges and wink	breakiast. Warnes, pineappie, wink	breakfast. Cheerios, peaches, whik	breakiast. Oatmeat, pears, with	
				<u> </u>
				11
Lunch: Beef Meatballs in gravy, mashed	Lunch: Cheese Omelet, hash browns, pears,	Lunch: Spaghetti w/meat sauce on whole	Lunch: Whole grain cheese pizza, lettuce and	
	wheat biscuit and Milk	grain noodles, **chef's choice veggie**	tomato* salad, sweet potato nuggets, and Milk	
Milk	1,1000 0,0000 0110 1,1110	Cantaloupe and Milk	Suring Suring, Sweet Points Huggers, and Hami	
				* VETERANS *
Snack: Ritz crackers, cheese and water	Snack: Mandarin Oranges and Milk	Snack: Warm wheat biscuit, *chef's choice	Snack: Tortilla with Cream Cheese, Milk	10 × × × ×
Shack. This crackers, cheese and water	Shack. Wandarm Oranges and Wink	fruit* & water	Shack. Tortina with Greath Glociet, White	NORIAL OSERV
				AC ALL WHO
13	14	15	16	17
Breakfast: Oatmeal, pears, and Milk	Breakfast: Kix, mandarin oranges, Milk	Breakfast: Chicken Sausage links, pineapple,	Breakfast: Waffles, bananas, Milk	Breakfast: French toast chef's choice fruit and
		Milk		Milk
Lunch: Turkey sub on whole grain bun, w/	Lunch: Chicken Spaghetti Bake,	Lunch: Swai fillet with lemon pepper	Lunch: Meatball sub on whole grain bun,	Lunch: Macaroni and cheese, ^green beans,
lettuce and *tomato, tater tots w/ketchup and	peas,**chef's choice veggie** and Milk	**chef's choice veggie**, broccoli*, roll, and	pears, *Spinach, Milk	yams* and Milk
Milk		Milk		
Speak: Apple Sliggs and soltings and water	Snack: String Cheese and Milk	Snack: Pears and Milk	Snack: Gold fish and Milk	Snack: whole grain cheeze its, mandarin
Snack: Apple Slices and saltines and water	Shack. String Cheese and Whik	Shack. Fears and whik	Shack. Gold fish and whik	oranges and water
				oranges and water
20	21	22	23	24
		EHS/HS Closed - Teacher Work Day	ALL CENTERS CLOSED	ALL CENTERS CLOSED
Breakfast: Cheese toast, applesauce, and Milk	Breakfast: Vanilla Yogurt, pineapple and Milk			
1		and Milk		
Lunch: Turkey Sausage, wheat biscuit,	Lunch: Sliced Turkey, Turkey Gravy, Yams,	Lunch: Taco Soup, pears, whole grain roll		
mandarin oranges, peas and Milk	Green Beans, Stuffing, Rolls and Milk	and Milk		IN III
				V V V
Snack: Pears and Milk	Snack: Strawberry Yogurt Snack Mix and	Snack: Kix and Milk	Va 0440 Va 0	7 1 1 2 1 2 2
	Milk		Jhanks	
			O / Will hook	y cooling
				0
27	28	29	30	
	POLICY COUNCIL			
Breakfast: Oatmeal, pears, Milk	Breakfast: Cheerios, Honey Dew Melon, Milk		Breakfast: Breakfast Pizza, pears, Milk	
		Milk		
Lunch: Three cheese potatoes, green	Lunch: Pulled Chicken BBQ whole grain roll,	26 ,		
beans,*chef's choice veggie* Whole Grain	corn, Spinach*, Milk	Nuggets, Milk and Whole Grain Roll	tomato soup **chef's choice veggie**, Milk	
Roll,Milk				
Snoots Viv. mandania 1	Charles Wihala and a line in the line	Chaola Whole and Tracil	Speeds Contalours 9 Dir C 1	
Snack: Kix, mandarin oranges, and water	Snack: Whole grain cheez its, sliced apples,	Snack: Whole grain Tortilla with Cream	Snack: Cantaloupe & Ritz Crackers and water	
	water	Cheese, Milk		
* Foods High in Vitamin A			^Canned green beens	
* Foods High in Vitamin A Toddler foods must be diced in pieces no large	er that 1/2 inch		^Canned green beans Cereal must have a least 3 grams of fiber	
Infant foods must be diced in pieces no larger t			Bread Must have at least 5 grams of fiber	
Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing			Pastas must be whole grain	
All Milk is low fat - Individualized Menus			Sugar free syrup available for breakfast foods	
marriaduized Menus	"This institution is an equal opportunity provi	ider and employer"	6. II 25-up a amusic for orougust foods	
	June apparently broth	1 3		