

The Children's Center NOVEMBER 2023 Menu
One and Older Chef's Choice

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| | | 1 | 2 | 3 |
| | | Breakfast: Chicken sausage links,**chef's choice fruit**, Milk _____ | Breakfast: Pancakes, applesauce, sugar free syrup, Milk | Breakfast: Oatmeal, pineapple, Milk |
| | | Lunch: Chili, applesauce, whole grain roll and Milk | Lunch: Grilled chicken patty on bun, corn, peas, Milk | Lunch: Swai fillet w/lemon pepper, yams*, 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 |
| 6 | 7 | 8 | 9 | 10 |
| Breakfast pizza, mandarin oranges and Milk | Breakfast: Waffles, pineapple, Milk | Breakfast: Cheerios, peaches, Milk | BOARD MEETING Breakfast: Oatmeal, pears, Milk | ALL CENTERS CLOSED |
| Lunch: Beef Meatballs in gravy, mashed potatoes, ^green beans, whole grain roll and Milk | Lunch: Cheese Omelet, hash browns, pears, wheat biscuit and Milk | Lunch: Spaghetti w/meat sauce on whole grain noodles, **chef's choice veggie** Cantaloupe and Milk _____ | Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk |  |
| Snack: Ritz crackers, cheese and water | Snack: Mandarin Oranges and Milk | Snack: Warm wheat biscuit, *chef's choice fruit* & water_____ | Snack: Tortilla with Cream Cheese, Milk | |
| 13 | 14 | 15 | 16 | 17 |
| Breakfast: Oatmeal, pears, and Milk | Breakfast: Kix, mandarin oranges, Milk | Breakfast: Chicken Sausage links , pineapple, Milk | Breakfast: Waffles, bananas, Milk | Breakfast: French toast chef's choice fruit and Milk _____ |
| Lunch: Turkey sub on whole grain bun, w/ lettuce and *tomato, tater tots w/ketchup and Milk | Lunch: Chicken Spaghetti Bake, peas,**chef's choice veggie** and Milk | Lunch: Swai fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk_____ | Lunch: Meatball sub on whole grain bun, pears, *Spinach, Milk | Lunch: Macaroni and cheese , ^green beans, yams* and Milk |
| Snack: Apple Slices and saltines and water | Snack: String Cheese and Milk | Snack: Pears and Milk | Snack: Gold fish and Milk | Snack: whole grain cheeze its, mandarin oranges and water |
| 20 | 21 | 22 | 23 | 24 |
| Breakfast: Cheese toast, applesauce, and Milk | Breakfast: Vanilla Yogurt, pineapple and Milk | EHS/HS Closed - Teacher Work Day Breakfast: Cheerios, **chef's choice fruit**, and Milk _____ | ALL CENTERS CLOSED | ALL CENTERS CLOSED |
| Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and Milk | Lunch: Sliced Turkey, Turkey Gravy, Yams, Green Beans, Stuffing, Rolls and Milk | Lunch: Taco Soup, pears , whole grain roll and Milk |  | |
| Snack: Pears and Milk | Snack: Strawberry Yogurt Snack Mix and Milk | Snack: Kix and Milk | | |
| 27 | 28 | 29 | 30 | |
| | POLICY COUNCIL | | | |
| Breakfast: Oatmeal, pears, Milk | Breakfast: Cheerios, Honey Dew Melon, Milk | Breakfast: Chicken Sausage Link, Peaches, Milk | Breakfast: Breakfast Pizza, pears, Milk | |
| Lunch: Three cheese potatoes, green beans,*chef's choice veggie* Whole Grain Roll _____,Milk | Lunch: Pulled Chicken BBQ whole grain roll, corn, Spinach*, Milk | Lunch: Fish Nuggets, broccoli*, Sweet Potato Nuggets, Milk and Whole Grain Roll | Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie**, Milk _____ | |
| Snack: Kix, mandarin oranges, and water | Snack: Whole grain cheez its, sliced apples, water | Snack: Whole grain Tortilla with Cream Cheese, Milk | Snack: Cantaloupe & Ritz Crackers and water | |

* Foods High in Vitamin A
Toddler foods must be diced in pieces no larger that 1/2 inch
Infant foods must be diced in pieces no larger than 1/4 inch
Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing
All Milk is low fat - Individualized Menus will be sent separately.

"This institution is an equal opportunity provider and employer"

^Canned green beans
Cereal must have a least 3 grams of fiber
Bread Must have at least 5 grams of fiber
Pastas must be whole grain
Sugar free syrup available for breakfast foods