

The Children's Center NOVEMBER 2024 Menu

One and Older Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
Breakfast pizza, mandarin oranges and Milk	Breakfast: Waffles, pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, pears, Milk	Breakfast: Oatmeal, pineapple, Milk
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	Lunch: Swai fillet w/lemon pepper, yams*, Spinach*, whole grain roll, 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	Snack: Strawberry Yogurt Snack Mix and Milk
11	12	13	14	15
All Centers Closed Veteran's Day			BOARD MEETING HS Early Release	
	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: 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: String Cheese and Milk	Snack: Pears and Milk	Snack: Gold fish crackers and Milk	Snack: whole grain cheeze its, mandarin oranges and water
18	19	20	21	22
Breakfast: Cheese toast, applesauce, and Milk	Breakfast: Vanilla Yogurt, pineapple and Milk	Breakfast: Cheerios, **chef's choice fruit**, and Milk	Breakfast: Grits, pears and Milk	Breakfast: Pancakes, peaches, sugar free syrup, Milk
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	Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, Mixed Vegetable Blend*, Milk
Snack: Pears and Milk	Snack: Strawberry Yogurt Snack Mix and Milk	Snack: Kix and Milk	Snack: Mandarin Oranges, whole grain cheez its and water	Snack: Vanilla Yogurt, pears, water
25	26	27	28	29
	POLICY COUNCIL	EHS/HS Closed - Teacher Work Day	ALL CENTERS CLOSED	ALL CENTERS CLOSED
Breakfast: Oatmeal, pears, Milk	Breakfast: Cheerios, Honey Dew Melon, Milk	Breakfast: Chicken Sausage Link, Peaches, 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		
Snack: Kix, mandarin oranges, and water	Snack: Whole grain cheez its, sliced apples, water	Snack: Whole grain Tortilla with Cream Cheese, Milk		

* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 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