

November		AM Snack	PM Snack (with Milk)	Fruit/Changes
	Monday	Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
	Tuesday	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
	Wednesday	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
	Thursday	Smoothie or Yogurt or Chia Pudding	Homemade	
	Friday	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Nov 1	Thursday	Spinach, Mango, Banana, Coconut Milk Smoothie	Homemade Sesame Noodles & Cucumbers	
Nov 2	Friday	Turkey Sausage, Fruit	Veggie Sticks, Hummus, Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Nov 5	Monday	Cereal and Milk, Raisins	Triscuits, Snap Peas, Cheese Sticks, Fruit	
Nov 6	Tuesday	Oatmeal, Berries	COOKING PROJECT + Fruit	
Nov 7	Wednesday	Applesauce, Graham Crackers	Whole Wheat Pasta, Butter, Parmesan Peas	
Nov 8	Thursday	Chia Yogurt, Fruit	Chicken Nuggets, Green Beans, Dried Fruit	
Nov 9	Friday	Cottage Cheese, Berries	Raw Veggies and Hummus	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Nov 12	Monday	Cinnamon Raisin Toast, Fruit	Rice Crackers, Mozzarella Sticks, Tomatoes, Fruit	
Nov 13	Tuesday	Cereal and Milk, Fruit	COOKING PROJECT + Fruit	
Nov 14	Wednesday	Banana, Sunbutter & Oats	Rice Edamame, Soy Sauce	
Nov 15	Thursday	Yogurt, Berries & Milk	Near East Quinoa & Brown Rice, Riced Broccoli	
Nov 16	Friday	Turkey Bacon, Fruit	Fish Sticks, Applesauce, Cucumbers	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Nov 19	Monday	Granola, Yogurt, Berries or Raisins	Seaweed-Rice Crackers, Cheddar, Cucumbers, Fruit	
Nov 20	Tuesday	Wheat Bagels, Sunbutter & Fruit	COOKING PROJECT + Fruit	
Nov 21	Wednesday	Breakfast Bars, Fruit	Mac & Cheese, Broccoli	
Nov 22	Thursday	CLOSED	CLOSED	
Nov 23	Friday	CLOSED	CLOSED	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Nov 26	Monday	Breakfast Bars, Yogurt	Triscuits, Mozzarella Sticks, Fruit	
Nov 27	Tuesday	Warm Oatmeal, Berries	COOKING PROJECT + Fruit	
Nov 28	Wednesday	Cereal and Milk, Raisins	English Muffin Pizza, sauce & cheese	
Nov 29	Thursday	Pancakes, Fruit	Whole Wheat Pasta, Butter, Parmesan Peas	
Nov 30	Friday	Oatmeal, Berries	Veggie Sticks, Hummus, Fruit	