

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)	
Nov. 1	Friday	Breakfast Bars & Fruit	Fish Sticks, Applesauce	
		AM Snack	PM Snack (with Milk)	
Nov. 4	Monday	Cereal and Milk	Jam/ Jelly Sandwiches & Fruit	
Nov. 5	Tuesday	Mini Waffles, Fruit	Sweet Potatoes & Fruit	
Nov. 6	Wednesday	Yogurt, Berries & Milk	Banana Slices & Graham Crackers	
Nov. 7	Thursday	Breakfast Burrito w/ Cheese & Crumbled Sausage, Fruit	COOKING PROJECT + Fruit	Fruit/Changes
Nov. 8	Friday	Rice Cakes & Apple Butter	Broccoli & Cheddar Wrap & Fruit	
		Am Snack	PM Snack (with Milk)	
Nov. 11	Monday	Oatmeal, Berries	Cheddar Cheese & Fruit	
Nov. 12	Tuesday	Applesauce, Toast	Veggie Sticks, Hummus, Fruit	
Nov. 13	Wednesday	Spinach, Mango, Banana, Coconut Milk Smoothie	Mac & Cheese, Peas, Fruit	
Nov. 14	Thursday	French Toast & Fruit	COOKING PROJECT + Fruit	
Nov. 15	Friday	English Muffins w/ Cheese & Fruit	Black Bean, Corn & Cheese Quesadilla & Fruit	
		AM Snack	PM Snack (with Milk)	
Nov. 18	Monday	Sliced Apples & Graham Crackers	Whole Wheat Pasta, Butter, Parmesan Peas	Fruit/Changes
Nov. 19	Tuesday	Breakfast Bars & Fruit	Tortilla Chips & Salsa	
Nov. 20	Wednesday	Muffins, Sunbutter & Fruit	Fish Sticks, Applesauce	
Nov. 21	Thursday	Cereal and Milk	COOKING PROJECT + Fruit	
Nov. 22	Friday	Yogurt, Fruit	Carrot & Mozeralla Sticks w/ Ranch Dressing & Fruit	
		AM Snack	PM Snack (with Milk)	
Nov. 25	Monday	Applesauce, Toast	Chicken Nuggets, Green Beans, Dried Fruit	Fruit/Changes
Nov. 26	Tuesday	Breakfast Burrito w/ Cheese & Crumbled Sausage, Fruit	Sweet Potatoes & Fruit	
Nov. 27	Wednesday	Mini Pancakes, Berries	Snack Mix & Fruit	
Nov. 28	Thursday	Berry, Coconut Milk Smoothie	COOKING PROJECT + Fruit	
Nov. 29	Friday	Rice Cakes & Apple Butter	Jam/ Jelly Sandwiches & Fruit	