

		AM Snack	PM Snack (with Milk)	Fruit/Changes
November		Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
	Monday	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
	Tuesday	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
	Wednesday	Smoothie or Yogurt or Chia Pudding	Homemade	
	Thursday	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
	Friday			Fruit/Changes
	Thursday			
	Friday			
		AM Snack	PM Snack (with Milk)	Fruit/Changes
November 2	Monday	Mini Waffles & Fruit	Mozerella Sticks & Fruit	
November 3	Tuesday	Applesauce & Toast	COOKING PROJECT + Applesauce, Goldfish	
November 4	Wednesday	Cereal & Milk	Pretzels & Fruit	
November 5	Thursday	Sliced Apples & Graham Crackers	Chicken Nuggets & Cucumber	
November 6	Friday	Mini Pancakes & Fruit	Tortillia Chips & Salsa	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
November 9	Monday	Granola & Fruit	Fish Sticks & Cucumber	
November 10	Tuesday	Jelly Toast & Raisins	COOKING PROJECT + Applesauce, Goldfish	
November 11	Wednesday	Breakfast Bars & Fruit	Carrots & Dip - Ranch Dressing	
November 12	Thursday	Cereal & Milk	Whole Wheat Pasta, Butter, Parmesan & Peas	
November 13	Friday	Cinnamon Raisin Toast & Fruit	Snack Mix & Fruit	
		AM Snack	PM Snack (with Milk)	
November 16	Monday	Yogurt & Fruit	Rice Crackers with Cheese	
November 17	Tuesday	Berry Coconut Milk Smoothie	COOKING PROJECT + Applesauce, Goldfish	
November 18	Wednesday	French Toast & Fruit	Mac & Cheese & Peas	
November 19	Thursday	Sausage & Fruit	Fish Sticks & Cucumber	
November 20	Friday	Mini Waffles & Fruit	Veggie Chips, Hummus & Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
November 23	Monday	Granola & Fruit	Carrots & Dip - Ranch Dressing	
November 24	Tuesday	Mini Pancakes & Fruit	COOKING PROJECT + Applesauce, Goldfish	
November 25	Wednesday	Applesauce & Toast	Cheese Quesadilla's & Fruit	
November 26	Thursday	Yogurt & Fruit	Tortillia Chips & Salsa	
November 27	Friday	Breakfast Bars & Fruit	Pretzels & Fruit	
		AM Snack	PM Snack (with Milk)	
November 30	Monday	Cereal & Milk	Chicken Nuggets & Cucumber	