

Nov 2022		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
November 1	Tuesday	Yogurt, Fruit	Cooking Project & Fruit	
November 2	Wednesday	Mini Pancakes & Fruit	Ritz Crackers & Cheese	
November 3	Thursday	English Muffins w/ Cheese & Fruit	Graham Crackers & Peppers	
November 4	Friday	Mini Bagels w/ Cream Cheese	Fish sticks & Green Beans	
		AM Snack	PM Snack (with Milk)	
November 7	Monday	Cereal Bars, Fruit	Goldfish & Dried Fruit	
November 8	Tuesday	Sausage & Toast	Cooking Project & Fruit	
November 9	Wednesday	Mini waffles, Fruit	Rice Cakes & Apple Butter	
November 10	Thursday	Granola, Berries	String Cheese & Cooked Carrots	
November 11	Friday	Bananas and Honey	Grilled Cheese Sandwich & Cooked Broccoli	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
November 14	Monday	Cereal & Milk	Sugar Free Jello	
November 15	Tuesday	French Toast Sticks	Cooking Project & Fruit	
November 16	Wednesday	Oatmeal & Fruit	Pretzels & Creamcheese	
November 17	Thursday	Mini Muffins	Chicken Nuggets & Peas	
November 18	Friday	English Muffins w/ Jelly	Tortilla Chips & Salsa	
		AM Snack	PM Snack (with Milk)	
November 21	Monday	Breakfast Sausage & Fruit	Tuna Fish & Crackers	
November 22	Tuesday	Yogurt & Berries	Cooking Project & Fruit	
November 23	Wednesday	Granola & Fruit	Veggie Sticks & Raisins	
November 24	Thursday	CLOSED - Happy	CLOSED - Thanksgiving	
November 25	Friday	CLOSED	CLOSED	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
November 28	Monday	Cereal & Fruit	Fish Sticks & Green Beans	
November 29	Tuesday	Applesauce, Toast	Goldfish & Dried Fruit	
November 30	Wednesday	Mini Waffles, Fruit	Grilled Cheese Sandwich & Cooked Green Beans	