

**Early Learning Center  
Month: November 2022**

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	<b>Menu Item</b>	<b>1-2 age</b>	<b>3-5 age</b>	<b>6-12 age</b>		<b>November 1 Tuesday</b>	<b>November 2 Wednesday</b>	<b>November 3 Thursday</b>	<b>November 4 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup		<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup		<b>Mixed Berries</b>	<b>Applesauce</b>	<b>Orange Slices</b>	<b>Bananas</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	-½ s or ½ serving (1/2 oz)	-1s or 1 serving (1 oz)		<b>Kix Cereal</b>	<b>Whole Grain Biscuits</b>	<b>Rice Krispies Cereal</b>	<b>Corn Chex Cereal</b>
	<b>Add. Food option</b>						<b>Light Butter</b>		
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup		<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	¼ cup	1/2 cup		<b>Yams</b>	<b>Salad (lettuce, cabbage, carrots) tods-lettuce</b>	<b>Lima Beans</b>	<b>Carrot Sticks (inf/tods-blanchd)</b>
	<b>Fruit</b>	1/8 cup	¼ cup	1/4 cup		<b>Mixed Fruit</b>	<b>Mandarin Oranges</b>	<b>Pineapple</b>	<b>Apple Slices</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz		<b>Chicken Meatballs with Gravy</b>	<b>Diced Hard-boiled Egg</b>	<b>BBQ Chicken Breast</b>	<b>Tuna Salad (tuna, light mayo, dill)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)		<b>Whole Wheat Slider Roll</b>	<b>Whole Grain Dinner Roll</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Wheat Tortilla</b>
	<b>Add. Food option</b>					<b>Gravy</b>			
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup		<b>Water</b>	<b>Milk</b>	<b>Water</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)		<b>Triscuits and Hummus (garbanzo beans, tahini, olive oil, lemon juice, garlic)</b>	<b>Whole Grain Sweet Potato Crackers</b>	<b>Soy Nut Butter and Whole Wheat Pita Wedges</b>	<b>Saltine Crackers and Cheddar Cheese Cubes</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	November 7 <b>Monday</b>	November 8 <b>Tuesday</b>	November 9 <b>Wednesday</b>	November 10 <b>Thursday</b>	November 11 <b>Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>		<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Mandarin Oranges</b>	<b>CLOSED</b>	<b>Pineapple</b>	<b>Blueberries</b>	<b>Applesauce</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	-½ s or ½ serving (1/2 oz)	-1s or 1 serving (1 oz)	<b>Kix Cereal</b>		<b>Cheerios Cereal</b>	<b>Rice Chex Cereal</b>	<b>Whole Grain French Toast Sticks</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>		<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	¼ cup	1/2 cup	<b>Green Beans</b>		<b>Peas</b>	<b>Spinach</b>	<b>Stewed Tomatoes</b>
	<b>Fruit</b>	1/8 cup	¼ cup	1/4 cup	<b>Peaches</b>		<b>Pears</b>	<b>Mixed Fruit</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Baked Fish with Bread Crumbs</b>	<b>CLOSED</b>	<b>Chicken Salad (Chicken, light mayo, dill)</b>	<b>Cheese Ravioli with Tomato Sauce and Mozzarella Cheese</b>	<b>Macaroni and Cheese (WG Macaroni, Cheddar Cheese)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	<b>Whole Grain Slider Roll</b>		<b>Whole Wheat Bread</b>	<b>Cheese Ravioli</b>	<b>WG Macaroni</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Apple Juice</b>		<b>Water</b>	<b>Milk</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	<b>Whole Grain Bean and Veggie Crackers</b>	<b>CLOSED</b>	<b>Whole Wheat Pita Wedges and Cheddar Cheese Slices</b>	<b>Baked Soft Pretzels</b>	<b>Graham Cracker Goldfish and Vanilla Yogurt</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>November 14 Monday</b>	<b>November 15 Tuesday</b>	<b>November 16 Wednesday</b>	<b>November 17 Thursday</b>	<b>November 18 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	Blueberries	Apple Slices	Mango	Orange Slices	Bananas
	<b>Grains (oz eq)</b>	½ s or serving (1/2 oz)	½ s or ½ serving (½ oz)	-1s or 1 serving (1 oz)	<b>Cheerios Cereal</b>	<b>Whole Grain Croissants</b>	<b>Life Cereal</b>	<b>Multi-Grain Cheerios Cereal</b>	<b>Rice Chex Cereal</b>
	<b>Add. Food option</b>					<b>Apple Butter</b>			
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	¼ cup	1/2 cup	<b>Mashed Potatoes</b>	<b>Broccoli, Peas, Carrots</b>	<b>Diced Carrots</b>	<b>Stewed Tomatoes</b>	<b>Zucchini</b>
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup	<b>Mandarin Oranges</b>	<b>Peaches</b>	<b>Pineapple</b>	<b>Mixed Fruit</b>	<b>Pears</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Diced Chicken and Gravy</b>	Pasta Salad (Tri-color Rotini, cheddar cheese, chicken, broccoli, peas, carrots, Lite Balsamic dressing)	Sweet and Sour Chicken (Diced Chicken, Sweet and Sour Sauce)	<b>Grilled Cheese (Whole Wheat Bread, Sliced Cheddar Cheese)</b>	<b>Egg Salad (diced egg, mustard, light mayo, dill)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	<b>Whole grain Dinner Roll</b>	<b>Tri-Color Rotini</b>	<b>Brown Rice</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Pita</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	Water	<b>Milk</b>	<b>Orange Juice</b>	<b>Apple Juice</b>	<b>Milk</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving (½ oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	<b>Townhouse crackers and Cheddar Cheese Cubes</b>	<b>Pumpkin Spice Whole Grain Squares</b>	<b>Triscuit Crackers</b>	<b>Whole Grain Cheddar Goldfish</b>	<b>Animal Crackers</b>

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	<b>Menu Item</b>	<b>1-2 age</b>	<b>3-5 age</b>	<b>6-12 age</b>	<b>November 21 Monday</b>	<b>November 22 Tuesday</b>	<b>November 23 Wednesday</b>	<b>November 24 Thursday</b>	<b>November 25 Friday</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup					
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
	<b>Grains (oz eq)</b>	½ s or serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1s or 1 serving (1 oz)					
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup					
	<b>Vegetable</b>	1/8 cup	¼ cup	1/2 cup					
	<b>Fruit</b>	1/8 cup	¼ cup	1/4 cup					
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)					
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup					
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>November 28 Monday</b>	<b>November 29 Tuesday</b>	<b>November 30 Wednesday</b>		
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>		
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Pears</b>	<b>Blueberries</b>	<b>Applesauce</b>		
	<b>Grains (oz eq)</b>	½ serving - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serving - 1/3 cup or ½ oz - ¼ cup	-1s or 1 serving - ¾ cup or 1oz - ½ cup	<b>Cornflakes Cereal</b>	<b>Kix Cereal</b>	<b>Whole Wheat Bagels</b>		
	<b>Add. Food option</b>						<b>Cream Cheese</b>		
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>		
	<b>Vegetable</b>	1/8 cup	¼ cup		<b>Broccoli</b>	<b>Diced Potatoes (potatoes, olive oil, oregano)</b>	<b>Carrots</b>		
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup	<b>Mixed Fruit</b>	<b>Peaches</b>	<b>Pineapple</b>		
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Scrambled Eggs</b>	<b>Turkey Burger</b>	<b>Chicken Teriyaki (diced chicken, teriyaki sauce, broccoli)</b>		
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Whole Wheat Bread</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Grain Slider Roll</b>		
	<b>Add. Food option</b>					<b>Mustard</b>			
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Water</b>	<b>Milk</b>	<b>Orange Juice</b>		
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving	½ s or ½ serving	1 s or serving	<b>Pretzels (infants/tods -Baked Soft Pretzels) and Sliced Cheddar Cheese</b>	<b>Whole Grain Banana Bread</b>	<b>Wheat Thin Crackers</b>		