



**DAYCARE ALLERGENS**  
**BREAKFAST & LUNCH- NOVEMBER MENU**

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST				1	2	
LUNCH				3/8 c Beef Picadillo [T] 1/4 c WG Rice (1/2 oz Grain) 1/4 c Broccoli w Creamy Italian Dip [S][C] 1/4 c Pears 3/4 c Milk [D]	1/4 c Scrambled Eggs [D][E][S] 1 WG Biscuit [D][G][S] 1/2 c Apricots. 3/4 c Milk [D]	1 Cheese Manicotti [D][E][G][C](2.75oz) w Tomato Basil [T] 1 1/2 oz cheese 2 oz WG grain 1/2 c Romaine Salad w Ranch [D][E][G] 1/4 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 3/4 c Milk [D]
BREAKFAST	5	6	7	8	9	
LUNCH	3 Meatballs(1.5 oz) [D][T][G][S] w Marinara Sauce [T] 1/4 c WG Penne (1/2 oz) [G] PC Parmesan Cheese [D] 1/4 c Baby Carrots w Veggie Dip [D] 1/2 Apple [S] 3/4 c Milk [D]	<b>Mediterranean Cold Lunches</b> 1/4 c Seasoned Chicken Strips (2 oz) 1/2 WG Pita (1 oz) [G][S][D][E] 1 Tbsp Hummus 1/4 c Petite Broccoli w Italian[S][C] 1/4 c Tropical Fruit Salad 3/4 c Milk [D]	1/2 c Beef & Bean Chili [T][C] 2 oz meat/meat alternate 1 oz Cornbread [D][E][G][S][C] 1/2 c Romaine with Ranch [D][E][G] 2 Orange Wedges 3/4 c Milk [D]	3 oz WG Fish Fillet [D][G][C][F] (1.5 oz MMA) 1/4 c Bolivian Rice (1/2 oz Grain) [D] 1/2 c Spinach Salad w Italian [S][C] 1/4 c Honeydew 3/4 c Milk [D]	<b>Make Your Own Burrito</b> 1/4 c Black Beans & 1/8 c Monterrey Cheese [D] 1-6 in WW Tortilla (1 oz) [G][S] PC Mild Salsa [T] 1/2 c Romaine 1/4 c Pineapple 3/4 c Milk [D]	
BREAKFAST	12	13	14	15	16	
LUNCH	CLOSED FOR VETERANS DAY	2 French Toast Bites [D][E][G][S][C](1.02 oz) 1/2 c Cantaloupe 3/4 c Milk [D]	2 oz Yogurt [D] 1 Blueberry Mini Muffin 1 oz [E][G][S][C] 1/2 c Tropical Fruit Salad 3/4 c Milk [D]	<b>Make Your Own Taco</b> 1/4 c Beef Taco Meat (1.5 oz meat) [T] 1 Tbsp Shredded Cheddar Cheese [D] 1oz Hard WG Taco Shell [C] EHS 1 oz WG Tortilla [G][S] 1/2 c Shredded Romaine PC Salsa [T] 1/2 Banana 3/4 c Milk [D]	1 Cheese Omelet [D][E][S][C] 1 WG Biscuit 1 oz [D][G][S] 1/2 c Fresh Fruit Salad(Honeydew, Cantaloupe, Pineapple) 3/4 c Milk [D]	
LUNCH		1/2 c Beef & Macaroni Pasta Bake #8 [G][T] • 2 oz beef, 1/4 c WG noodles(1.3 oz) 1/4 c Broccoli w Ranch [D][E][G] 1/4 c Pineapple 3/4 c Milk [D]	2 oz Oven Fried Chicken Leg [G][S] 1 oz WG Corn Muffin [E][G][S][C] 1/4 c Cole Slaw [E][S][C] 1/4 c Honeydew EHS Diced 3/4 c Milk [D]	1/4 c Beef Taco Meat (1.5 oz meat) [T] 1 Tbsp Shredded Cheddar Cheese [D] 1oz Hard WG Taco Shell [C] EHS 1 oz WG Tortilla [G][S] 1/2 c Shredded Romaine PC Salsa [T] 1/2 Banana 3/4 c Milk [D]	1/2 c Macaroni & Cheese [D][E][G][S][C] • 1/4 oz Cheese; 1/4 c WG Noodles 3/8 c Vegetarian Baked Beans [C] 1/2 c Spinach Salad w Italian [S][C] 1/4 c Peaches 3/4 c Milk [D]	

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	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
<b>BREAKFAST</b>		1 WG French Toast [E] [G] [S] [C] (1.5 oz) ½ c Apple Slices ¾ c Milk [D]	1 WG Stuffed Mini Bagel [D] [G] [S] [C] ½ c Pineapple ¾ c Milk [D]		
<b>LUNCH</b>	<u>Make Your Own Wrap</u> 1 oz Turkey (2 Slices) 2 Tbsp Hummus [SE] ½ oz Cheddar Cheese [D] 1 WG Flour Tortilla (1 oz) [G] [S] ½ c Spinach Salad w Italian [S] [C] ¼ c Pears ¾ c Milk [D]	<u>Thanksgiving menu</u> 2 oz Turkey and Gravy [D] [G] [S] [C] 2 Tbsp Cranberry Sauce ¼ c Stuffing [G] [S] [C] ¼ c Green Beans ¼ c Candied Sweet Potatoes [C] ¾ c Milk [D]	2 oz Meatloaf [D] [G] [T] [S] [C] 1 WG Corn Muffin (1 oz) [E] [G] [S] [C] ¼ c Cheesy Mashed Potatoes [D] ¼ c Honeydew EHS Diced ¾ c Milk [D]		
<b>BREAKFAST</b>		1 WG Pancake [D] [G] [S] [C] / Applesauce Topping 1 oz ½ c Pineapple ¾ c Milk [D]	1 Hardboiled Egg [E] 1 WG Biscuit [D] [G] [S] w PC Jelly [C] ½ c Honeydew ¾ c Milk [D]		¼ c Scrambled Eggs [D] [E] [S] 1 WG Biscuit [D] [G] [S] ½ c Apricots. ¾ c Milk [D]
<b>LUNCH</b>	2 oz Oven Baked Chicken Leg [G] 1 WG Wheat Roll [G] [S] [C] (1 oz) ¼ c Baby Carrots w Veggie Dip [D] [E] [S] ¼ c Apple Slices (2-3) ¾ c Milk [D]	2 oz CN Hamburger Patty [S] [C] 1 WG Bun (1.8 oz) [G] [S] ½ c Spinach Salad w Ranch [D] [E] [G] ¼ c Cantaloupe ¾ c Milk [D]	<u>Make Your Own Joe</u> ½ c Bean Sloppy Joe (2 oz meat) #8 [T] [C] 1 WG Bun (1.8 oz) [G] [S] ¼ c Cole Slaw [E] [S] [C] 2 Orange Wedges ¾ c Milk [D]	3/8 c Beef Picadillo [T] ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip [S] [C] ¼ c Pears ¾ c Milk [D]	1 Cheese Manicotti [D] [E] [G] [C] (2.75oz) w Tomato Basil [T] • 1 ½ oz cheese 2 oz WG grain ½ c Romaine Salad w Ranch [D] [E] [G] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]