




November 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 BF– Biscuits w/Apples</p> <p>Lunch– Turkey & *Cheese Roll Up*/Broccoli/Applesauce</p> <p>PM– Carrots & Pretzels</p>	<p>2BF– Pancakes w/Applesauce</p> <p>Lunch– Chicken Nuggets/*Veggie Nugget/ Green Bean/Peaches</p> <p>PM- Yogurt Parfaits w/Fresh Fruit</p>	<p>3 BF– English Muffin w/Butter</p> <p>Lunch– Beef, Black Bean & Cheese Casserole /Peas/Oranges</p> <p>PM– Pita Chip& Cheese Cubes</p>	<p>4 BF– Cereal</p> <p>Lunch– Cheese Quesadillas/Green Beans/Pineapple</p> <p>PM– Corn Bread & 100% Juice</p>	<p>5BF–French Toast w/Pears</p> <p>Lunch–Grilled Cheese/Broccoli/ Mixed Fruit</p> <p>PM-Carrots w/Ranch & Cracker</p>
<p>8 BF- French Toast w/Syrup</p> <p>Lunch– BBQ Chicken/ *BBQ Tofu/ Carrots/ Pineapple</p> <p>PM– Wheat Crackers w/ Applesauce</p>	<p>9 BF– Cereal w/Fresh Strawberries</p> <p>Lunch– Pasta Bake w/Marinara & Mozzarella/Peas/Peaches</p> <p>PM– Corn Bread</p>	<p>10BF– Biscuits & Mandarin Oranges</p> <p>Lunch– Bean & Cheese Burrito Green Beans/ Mixed Fruit</p> <p>PM– Goldfish Crackers w/Apple Slices</p>	<p>11 BF– Pancakes w/Applesauce</p> <p>Lunch–Grilled Cheese/Carrots/Pears</p> <p>PM– Breadsticks w/Marinara & 100% Juice</p>	<p>12 BF– Bagels w/Cream Cheese</p> <p>Lunch–Chicken Nuggets / *Veggie Nugget Broccoli/Pineapple</p> <p>PM– Pita Chips w/Fresh Orange</p>
<p>15BF– Pancakes & Peaches</p> <p>Lunch– Chicken and Rice Casserole/*Black Bean/Carrots/Mixed Fruit</p> <p>PM– Ritz Crackers Cheese</p>	<p>16 BF - Mini Muffins w/Apples</p> <p>Lunch - Cheese Pizza/Broccoli/ Oranges</p> <p>PM - Carrots /Ranch & Wheat Crackers</p>	<p>17BF—English Muffins</p> <p>Lunch– Chicken Tacos/*Bean Burrito/ Green Beans/Peaches</p> <p>PM– Graham Crackers w/Bananas</p>	<p>18BF–Yogurt w/Peaches</p> <p>Lunch– Macaroni & Cheese//Mixed Vegetables/Pineapple</p> <p>PM– Chex Mix</p>	<p>19 BF– Cereal w/Bananas</p> <p>Lunch– Sweet & Sour Meatballs/ *Tofu/Brown Rice/Peas/Pears</p> <p>PM– Pretzels w/Cheese Sticks</p>
<p>22 BF– Bagels w/Cream Cheese & Peaches</p> <p>Lunch– Chicken Parmesan/ *Veggie Patty/ Mixed Veggies/ Fruit Cocktail</p> <p>PM– Corn Bread</p>	<p>23Cereal w/Bananas</p> <p>Lunch– Cheese Ravioli w/ Marinara/ Pears/Green Beans</p> <p>PM– Crackers w/Cheese Slices</p>	<p>254BF–Warm Biscuits & Mandarin Oranges</p> <p>Lunch–Chef Choice</p> <p>PM-Snack Mix w/Apple Slices</p>	<p>25Academy Closed</p> 	<p>26Academy Closed</p>
<p>29 BF– Pancakes w/Applesauce</p> <p>Lunch– Turkey & *Cheese Roll-Up/ /Pineapple</p> <p>PM– Snack Mix</p>	<p>30 BF–French Toast w/Oranges</p> <p>Lunch-Grilled Cheese/Green Beans/Pears</p> <p>PM-Yogurt w/Fresh Fruit</p>		<p>*Vegetarian Option. Evening snack of crackers and cheese will be provided for all children in attendance at 5:30pm daily Children under 2 will be given appropriate substitutions when necessary. Milk is served with breakfast and lunch. Menu is subject to change</p>	