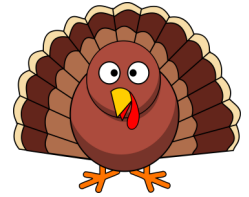




November Menu



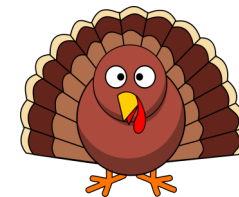
Child and Family Centers of Excellence

Lunch 2021/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Riblet w/BBQ Sauce Baked Beans WG Dinner Roll Fruit Milk 1%	2 Chicken Strips Unbreaded Cheese Slices, Cucumber, Tomato Slices, Sauce On MG Tortilla Fruit Milk 1%	3 Meatball Sub On WG Bun Mozzarella Cheese California Vegetables Fruit Milk 1%	4 Chicken Breast in Gravy Mashed Potato or Baby Baker WG Dinner Roll Fruit Milk 1%	5 Fish Sandwiches With Cheese on WG Bun Tartar Sauce Steamed Carrots Fresh Fruit Salad Milk 1%
8 Cheeseburger w/Ketchup WW Enriched Buns Pickle Slices Broccoli Fruit Milk 1%	9 Chicken Taco Shredded Lettuce, Diced Tomato, Shredded Cheese, Salsa MG Tortilla Shell Fruit Milk 1%	10 Warm Ham Slices Sweet Potato Pieces w/Ketchup Enriched WG Bread Fruit Milk 1%	11 Chicken & Spanish Rice Casserole Garden Salad w/Dressing Fruit Milk 1%	12 Chicken WG Pasta Salad or Hot Chicken Pasta Casserole Raw Vegetable w/Ranch Fresh Fruit Salad Milk 1%
15 Grilled Garlic Herb Chicken Breast WW Dinner Roll Corn and Lima Beans Fruit Milk 1%	16 Italian Chicken Over WG Penne Pasta Mozzarella Cheese Romaine Salad w/Ranch Fruit Milk 1%	17 Special Menu Day	18 Meatballs in Gravy Mashed Potatoes Pickle Spears WW Dinner Roll fruit Milk 1%	19 WG Flat Bread or WW Bagel Cheese Pizza Pepperoni BBQ Chicken or Canadian Bacon Raw Vegetables w/Ranch Assorted Fresh Fruit Milk 1%
22 BBQ Pork Zuchinni WG Slammer Roll Fruit Milk 1%	23 Chicken Tenders w/Sauce WG Dinner Roll Green Beans Fruit Milk 1%	24 Sloppy Joes WG Slammer Bun Steamed Carrots Fruit Milk 1%	 25 CLOSED	26 CLOSED
29 BBQ Chicken Breast Riviera Blend Vegetables WG Dinner Roll Fruit Milk 1%	30 Roast Beef in Gravy Over Enriched Pasta or Brown Rice Beets Fruit Milk 1%	Sliced Turkey <i>Dec 1</i> Sliced Cheese, Lettuce, Tomato, Mayo Mini WG Soft Bun Fruit Milk 1%	Chicken Parmesan <i>Dec 2</i> w/WG Penne Pasta In Marinara Sauce Parmesan Cheese Garden Salad w/Dressing Fruit	Mini WG Turkey Corn Dogs <i>Dec 3</i> w/Ketchup Corn Assorted Fruit Salad Milk 1%



November Menu



Child and Family Centers of Excellence

Breakfast/Snacks 2021/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Pancakes w/Syrup Fruit Milk 1% WG Crackers Cheese Spread Fruit & Water	WG Breakfast Bread Fruit Milk 1% Yogurt WG Graham Cracker Crumbs Fruit & Water	WG Cereal Fruit & Milk 1% WG Crackers Raw Vegetables w/Ranch Water	WW Roll Chicken Sausage Patty Fruit & Milk 1% WG Trail Mix Fruit Water	WW Bread w/Spread Egg Patties Fruit & Milk 1% WG Crackers Fruit Milk
WG Waffles w/Syrup Fruit Milk 1% String Cheese Fruit Water	WG Cereal Fruit Milk 1% WG Crackers Soy/Sun Butter Fruit & Water	Omelets WW Enriched Toast Fruit & Milk 1% Vegetables w/Ranch WG Crackers Water	Enriched Raisin Bread w/Spread Cottage Cheese Fruit & Milk 1% WG Assorted Muffins Fruit Milk 1%	WG French Toast Spread w/Cinnamon Sugar Fruit Milk 1% WG Snack Mix Fruit & Water
Swirl Cinnamon Bread w/Spread Fruit & Milk 1% MG Tortilla Sun Butter Banana & Milk 1%	MG English Muffin w/Jelly or Jam Fruit & Milk 1% Apple/Mandarin/Orange Salad w/Cinnamon WG Graham Crackers & Water	WG Toast Scrambled Eggs Fruit & Milk 1% Special Menu Day	WG Cereal Fruit Milk 1% String Cheese Pretzels Fruit & Water	Mini WG Pancake Wrapped Turkey Sausage Fruit & Milk 1% BT2's Graham P-G-R-Y-B Rice Cakes Fruit & Milk 1%
WG Breakfast Bread Fruit Milk 1% Fruit Cottage Cheese Water	WG Cereal Fruit Milk 1% WG Muffin Fruit Water	WG Enriched Toast Egg Patty Fruit & Milk 1% Raw Vegetables w/Ranch WG Crackers Water	 CLOSED	CLOSED
WG Waffles w/Syrup Fruit Milk 1% Mini Bagels w/ Cream Cheese Fruit Water	WG Cereal Fruit Milk 1% WG Crackers w/Soy Butter Fruit Water	WG Bun Chicken Sausage Patty Fruit & Milk 1% Fruit WG Snack Mix Water	Scrambled Eggs w/Salsa MG Tortilla Fruit & Milk 1% WG Assorted Muffin Fruit Milk 1%	WG French Toast Cinnamon Sugar Fruit & Milk 1% Fruit WG Graham Crackers Milk 1%

Late snack will be 2 components consisting of either fruit, whole grain, cheese, protein, etc. Choices will vary depending upon availability.