

November 2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack Milk served with snack	30 Cheerios cereal Fresh fruit	31 Oatmeal Fresh fruit	1 Wheat bagels Fresh fruit	2 Rice krispies Fresh fruit	3 Challah bread fresh fruit
LUNCH Milk served with lunch	Veggie Lo Mein Yogurt Pineapple	Cheese lasagna Green beans Applesauce	Meatloaf Brown rice, peas & carrots, Peaches, apple juice	Scrambled eggs Roast potatoes, wheat bread, fruit cocktail	Pizza Mixed veggies Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit
AM Snack Milk served with snack	6 Cheerios cereal Fresh fruit	7 Oatmeal Fresh fruit	8 Wheat bagels Fresh fruit	10 Rice krispies Fresh fruit	11 Challah bread fresh fruit
LUNCH Milk served with lunch	Pasta w Marinara Cottage cheese Pineapple	Bean & Cheese Quesadilla Brown rice, corn applesauce	Chicken cacciatore Pasta, green beans Apple juice	Scrambled eggs Roast potatoes, wheat bread, fruit cocktail	Pizza Mixed veggies Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit
AM Snack Milk served with snack	13 Cheerios cereal Fresh fruit	14 Oatmeal Fresh fruit	15 Wheat bagels Fresh fruit	16 Rice krispies Fresh fruit	17 Challah bread fresh fruit
LUNCH Milk served with lunch	Fish sticks Brown rice, corn Pineapple	Pierogi casserole Yogurt Applesauce	Egg salad Pasta salad, cucumbers peaches	Holiday Feast – Turkey, challah stuffing, smashed taters, corn & carrots, apple crisp	Pizza Mixed veggies Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit
AM Snack Milk served with snack	20 Cheerios cereal Fresh fruit	21 Oatmeal Fresh fruit	22 Wheat bagels Fresh fruit	23	24
LUNCH Milk served with lunch	Toasted cheese sandwich Tomato noodle soup Pineapple	Mac & Cheese Corn applesauce	Pasta w Marinara Cottage cheese Peaches	Thanksgiving	ECC Closed
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit		
AM Snack Milk served with snack	27 Cheerios cereal Fresh fruit	28 Oatmeal Fresh fruit	29 Wheat bagels Fresh fruit	30 Rice krispies Fresh fruit	1 Challah bread fresh fruit
LUNCH Milk served with lunch	Veggie Lo Mein Yogurt Pineapple	Cheese lasagna Green beans Applesauce	Hot Dogs Corn, bun, peaches Apple juice	Scrambled eggs Roast potatoes, wheat bread, fruit cocktail	Pizza Mixed veggies Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit

***Fresh fruit based on availability. Includes: Bananas, Apples, Red Grapes, Oranges, Watermelon, Cantaloupe**