

# Sandhills Children's Center-Southern Pines Campus November 2021 Menu

**This Institution is an equal opportunity provider**

DATE	BREAKFAST	LUNCH	SNACKS
Friday October 1,2021	WHOLE WHEAT FRENCH CINNAMON TOAST W/ APPLE BUTTER PEARS WHOLE MILK/1%	TUNA PASTA SALAD W/WHEAT NOODLES CARROT & BELL PEPPER STICKS W/ RANCH DRESSING GOLDFISH CRACKERS YELLOW APPLES WHOLE MILK /1%	GOLDFISH CHEESE CRACKERS BANANAS
Monday October 4,2021	WHOLE GRAIN CHEERIO CEREAL BANANAS WHOLE MILK/1%	ALL WHITE MEAT CHICKEN NUGGETS BAKED BEANS WHOLE WHEAT BREAD APPLES WHOLE MILK/ 1%	WHOLE GRAIN BAKED SUN CHIPS APPLES
Tuesday October 5,2021	WH-WHEAT MINI MAPLE PANCAKES W/ APPLE BUTTER PEACHES WHOLE MILK/ 1%	HOMEMADE SLOPPY JOE SANDWICHES ON WH-WHEAT BUNS TATER TOT FRIES APPLES WHOLE MILK/ 1%	GARDEN VEGGIE STRAWS BANANAS
Wednesday October 6,2021	WHOLE WHEAT PRETEZEL POPTARTS GALA APPLES WHOLE MILK/1%	VEGETABLE BEEF SOUP W/CARROTS, POTATOES, TOMATOES WHEAT BREAD PEACHES WHOLE MILK/ 1%	WHOLE GRAIN GRAHAM CRACKERS ORANGES
Thursday October 7,2021	ENGLISH MUFFINS W/CHEESE BANANAS WHOLE MILK/1%	WHOLE WHEAT SPAGHETTI NOODLES GROUND TURKEY GREEN PEAS GARLIC BREAD WHOLE MILK/1%	WHOLE GRAIN WHEAT VEGETABLE CRACKERS YELLOW APPLES
Friday October 8,2021	WHOLE WHEAT CINNAMON RAISIN BAGELS PINEAPPLE TIDBITS WHOLE MILK/1%	TACOS W/LETTUCE, CHEESE TOMATOES W/ TACO SAUCE & GROUND CHICKEN WHOLE CORN TORTILLA SCOOPS APPLES WHOLE MILK/1%	WHOLE GRAIN STRAWBERRY YOGURT FILLED CHEX SNACK MIX PEACHES
Monday October 11,2021	WHOLE GRAIN KIX CEREAL APPLES WHOLE MILK/1%	FISH STICKS BAKED BEANS HUSH PUPPIES MANDARIN ORANGES WHOLE MILK/ 1%	WHOLE GRAIN PLAIN CHEX SNACK MIX PEACHES
Tuesday October 12,2021	WHOLE WHEAT PLAIN BAGELS APPLE BUTTERSPREAD BANANAS WHOLE MILK/1%	THREE BEAN TURKEY CHILLI W/ CANNENLI BEANS & CARROTS WH-WHEAT CRACKERS PEACHES WHOLE MILK/ 1%	FRESH GREEN BEAN STICKS W/RANCH DRESSING BANANAS
Wednesday October 13,2021	SAUSAGE PATTIES W/ WHOLE WHEAT TOAST APPLESAUCE WHOLE MILK/1%	TURKEY SANDWICHES ON WHEAT BREAD FIELD PEAS & CORN PINEAPPLE TIDBITS WHOLE MILK/ 1%	WHOLE GRAIN WHEAT VEGETABLE CRACKERS CUCUMBER SLICES
Thursday October 14,2021	HOMEMADE BLUEBERRY LOAF BREAD PINEAPPLES WHOLE/1% MILK	GRILLED CHEESE ON WH-WH-BREAD CREAM OF CHICKEN SOUP GREEN PEAS PEARS WHOLE MILK/ 1%	WHOLE GRAIN CHEX CHEDDAR SNACK MIX PEARS
Friday October 15,2021	WHOLE WHEAT BLUEBERRY BAGELS W/ BLUEBERRY SPREAD BANANAS WHOLE MILK/1%	HAMBURGERS PATTIES ON A WH-WHEAT BUN TATER TOTS PICKLES ORANGE SLICES WHOLE MILK/ 1%	MOZZERALLA CHEESE STICKS ORANGE SLICE
Monday October 18,2021	WHOLE GRAIN RICE CHEX CEREAL PEACHES WHOLE MILK/1%	CHICKEN W WILD RICE SOUP SLICED CARROTS WH-WHEAT BREAD PINEAPPLE TIDBITS WHOLE MILK/ 1%	WHOLE GRAIN CORN CHIPS PEACHES
Tuesday October 19,2021	WHOLE WHEAT BLUEBERRY WAFFLE APPLE BUTTER PEARS WHOLE MILK/1%	BAKED SALISBURY STEAK W/ WH-WHEAT NOODLES IN GRAVY GREEN BEANS WHEAT BREAD BANANAS WHOLE MILK/ 1%	CINNAMON MINI RICE CAKES BANANAS
Wednesday October 20,2021	WH-WHEAT BISCUITS W/SAUSAGE LINKS PEARS WHOLE MILK/1%	HAM & CHEESE SANDWICHES ON WH-BREAD CARROT SLICES BANANAS WHOLE MILK/ 1%	CORN TORTILLA CHIPS W/GARDEN SALSA APPLES
Thursday October 21,2021	HOMEMADE WHOLE WHEAT MINI BLUEBERRY MUFFINS- MANDARIN ORANGES WHOLE MILK/1%	BAKED BEANS W/DICED TURKEY SWEET CORN WHEAT BREAD MANDARIN ORANGES WHOLE MILK/ 1%	CUBED CHEDDAR CHEESE KIWI FRUIT
Friday October 22,2021	CINNAMON RAISIN BREAD APPLE JELLY BANANAS WHOLE MILK/1%	CHEESE PIZZA W/EXTRA CHEESE WH-WHEAT CRUST GREEN BEANS ORANGES WHOLE MILK/ 1%	GOLDFISH PRETZELS PINEAPPLE TIDBITS
Monday October 25,2021	WHOLE GRAIN SPECIAL K-CEREAL MANDARIN ORANGES WHOLE MILK/1%	BAR-B QUE- CHICKEN SANDWICHES ON A WH- WHEAT BUNS SWEET CORN PICKLES BANANAS WHOLE MILK/ 1%	WHOLE GRAIN CHEX CHEDDAR SNACK MIX ORANGES
Tuesday October 26,2021	SAUSAGE FILLED WHOLE GRAIN CORN MUFFINS BANANAS WHOLE MILK/1%	BROCCOLI W/ CHEESE CREAMY POTATO & CORN SOUP WH-WHEAT CRACKERS MANDARIN ORANGES WHOLE MILK1%	WHOLE WHEAT BAKED VEGGIE CORN NUGGETS BANANAS
Wednesday October 27,2021	HOMEMADE BANANA BREAD W/ BANANAS WHOLE MILK /1%	HAMBURGER MACARONI & CHEESE BAKE GREEN PEAS WH-WHEAT BREAD PINEAPPLE TIDBITS WHOLE MILK/ 1%	WHOLE GRAIN CHEESE FILLED CRACKERS W/ APPLES
Thursday October 28,2021	WHOLE WHEAT CINNAMON TOAST CEREAL APPLES WHOLE MILK /1%	VEGGIE & MEAT TRAY W//HAM,TURKEY W/ CUCUMBERS CHEESE STICKS WHEAT CRACKERS ORANGES WHOLE MILK/ 1%	WHOLE GRAIN CHOW MEIN NOODLES W/ PINEAPPLE TIDBITS
Friday October 29,2021	WHOLE GRAIN WAFFLE STICKS STRAWBERRY PUREE PEARS WHOLE MILK/1%	TURKEY HOT DOGS ON A WHOLE WHEAT BUNS TATER TOTS PICKLES APPLES WHOLE MILK/ 1%	CHEEZ-IT SNACK CRACKERS BANANAS

Water is given throughout the day. Snacks are provided in the afternoon. Menus may vary depending on availability of food and are subject to change. Menus are modified to accommodate children with special diets. All milk provided from our center is unflavored milk