

Little Learners Menu

November
2018



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV				1	2
BF				Oatmeal & Grapes	Muffins & Oranges
AMS				Bananas	Fresh Vegetables with Ranch Dip
Lnch				Baked Chicken, Carrots, Melon, Cheesy Brown Rice	Sloppy Joes, Mixed Vegetables, Oranges
PMS				Egg Salad with Whole Grain Club Crackers	Pumpkin Bread and Juice
	5	6	7	8	9
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Waffles & Bananas	Whole Wheat English Muffin & Grapes	Pancakes & Apples
AMS	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	Bagels and Cream Cheese
Lnch	Pinto Beans, Green Beans, Peaches, Whole Wheat Bread	Cheese Ravioli, Broccoli and Cauliflower, Apple Sauce	Meatless chicken, Mashed Potatoes, Grapes, Wheat Bread	Baked Beans, Mixed Vegetables, Melon, Fried Brown Rice	Cheese Sandwich, Carrots, Apples
PMS	Tomato Soup with Crackers	Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Cereal Mix and Juice
	12	13	14	15	16
BF	Whole Grain Cereal & Apples	Raisin Bread & Oranges	Whole Wheat Toast & Bananas	Whole Wheat French Toast & Grapes	Whole Wheat English Muffin & Oranges
AMS	Graham Crackers	Fruit Salad with Yogurt	Fresh Vegetables with Ranch Dip	Bananas	Tomato Soup
Lnch	Hash brown, Egg & Cheese Bake, Oranges, Whole Wheat Toast	Chicken Legs, Green Beans, Pears, Whole Wheat Bread	Cheese Burgers, Carrot Sticks, Grapes	Whole Wheat Spaghetti with Meat Sauce, California Melody, Melon	Chicken Tetrizzini , Green Beans, Grapes, Whole Wheat Bun
PMS	Chicken Noodle Soup with Carrots	Banana Bread & Juice	Chicken Salad with Ritz Crackers	Refried Bean Dip & Tortilla	Baked Apples with Oatmeal
	19	20	21	22	23
BF	Whole Grain Cereal & Apples	Muffins & Oranges	Whole Wheat Bagel & Bananas	Closed	Closed
AMS	Oranges	Apple Sauce	Mandarin Oranges		
Lnch	Meatballs, Corn, Peaches, Whole Wheat Roll	Chicken Alfredo with Whole Wheat Pasta, Broccoli, Oranges	Sliced Turkey, Sweet Potato, Pineapple, Whole Wheat Bread		
PMS	Fish Crackers and Juice	Vegetable Soup and Oyster Crackers	Cheese Cubes and Juice		
	26	27	28	29	30
BF	Whole Grain Cereal & Apples	Waffles & Oranges	Whole Wheat English Muffin & Bananas	Pancakes & Grapes	Whole Wheat Toast & Apple
AMS	Oranges	Apples	Saltines	Bananas	Fresh Vegetables with Ranch Dip
Lnch	Lasagna, Green Beans, Pears	Beef Stroganoff, Broccoli, Pineapple	Whole Wheat Macaroni & Cheese, Peas, Grapes	Chicken casserole, carrots, Melon	Ham & Cheese Sandwich, Carrots, Apple
PMS	Tomato Soup with Oyster Crackers	Ham and Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Cereal Mix & Juice

Abbreviations: BF - Breakfast, AMS - AM Snack, Lnch - Lunch, PMS - PM Snack
Milk is served with Breakfast, AM Snack, and Lunch