












November

Snack and Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>2</p> <p>AM: Cereal & Milk</p> <p>LUNCH: Taco Bowl Rice, Beans, Enchilada Sauce</p> <p>PM: Banana & Rice Cakes</p> | <p>3</p> <p>AM: Pancakes & Strawberries</p> <p>LUNCH: Turkey Cranberry Sandwich & Peas</p> <p>PM: Carrots & Crackers</p> | <p>4</p> <p>AM: Eggs & Toast</p> <p> LUNCH: Hidden Veggie Pizza & Broccoli</p> <p>PM: Grapes & Cheese</p> | <p>5</p> <p>AM: Pumpkin Oatmeal</p> <p> LUNCH: Vegan Meatloaf & Mashed Potatoes</p> <p>PM: Sunbutter & Celery</p> | <p>6</p> <p>AM: Apple Muffins</p> <p> LUNCH: Pumpkin Chili with Cornbread</p> <p>PM: Grahams & Oranges</p> |
| <p>9</p> <p>AM: Cereal & Milk</p> <p>LUNCH: Black Bean & Sweet Potato Taquitos w/ Green Beans</p> <p>PM: Pretzels & Cheese</p> | <p>10</p> <p>AM: Pumpkin Pancakes</p> <p>LUNCH: Sunbutter Banana Sandwich & Peas</p> <p>PM: Grahams & Strawberries</p> | <p>11</p> <p>AM: Eggs & Sausage</p> <p> LUNCH: Spaghetti w/ Vegan Chickpea Sauce</p> <p>PM: Oranges & Crackers</p> | <p>12</p> <p>AM: Stewed Apples & Oatmeal</p> <p>LUNCH: Veggie Bowl w/Black Beans, Butternut Squash, Cauliflower & Rolls</p> <p>PM: Rice Cakes & Banana</p> | <p>13</p> <p>AM: Pumpkin Muffins</p> <p>LUNCH: Quinoa Bake w/ Broccoli, Carrots, & Cheese</p> <p>PM: Yogurt & Peaches</p> |
| <p>16</p> <p>AM: Cereal & Milk</p> <p> LUNCH: Veggie Enchiladas w/ Salsa and Cheese</p> <p>PM: Grahams & Banana</p> | <p>17</p> <p>AM: Pancakes & Blueberries</p> <p>LUNCH: Grilled Turkey Cranberry Sandwich & Peas</p> <p>PM: Oranges & Rice Cakes</p> | <p>18</p> <p>AM: Eggs & Potatoes</p> <p> LUNCH: Hidden Veggie Pizza & Broccoli</p> <p>PM: Carrots & Crackers</p> | <p>19</p> <p>AM: Pumpkin Oatmeal</p> <p> LUNCH: Black Bean Burger & Sweet Potato Oven Fries</p> <p>PM: Grapes & Goldfish</p> | <p>20</p> <p>AM: Orange Muffins</p> <p> LUNCH: Pumpkin Lentil Soup & Crackers</p> <p>PM: Strawberries & Cheese</p> |
| <p>23</p> <p>AM: Cereal & Milk</p> <p>LUNCH: Taco Bowl Rice, Beans, Enchilada Sauce</p> <p>PM: Crackers & Raisins</p> | <p>24</p> <p>AM: Pumpkin Pancakes</p> <p>LUNCH: Sunbutter & Banana Sandwich & Peas</p> <p>PM: Apples & Cheese</p> | <p>25</p> <p>AM: Eggs & Sausage</p> <p>LUNCH: Smoked Turkey Chili w/ Cornbread</p> <p>PM: Pumpkin Pie Bites</p> | <p>26</p> <p>CLOSED THANKSGIVING</p> | <p>28</p> <p>CLOSED BLACK FRIDAY</p> |
| <p>30</p> <p>AM: Cereal & Milk</p> <p> LUNCH: Quesadilla & Refried Beans & Carrots</p> <p>PM: Grahams & Banana</p> | | | | |

 **Hidden Veggies**

We choose ingredients without artificial sweeteners, preservatives, or colors.

All items are made with LOVE 