

DAYCARE ALLERGENS LUNCH – NOVEMBER MENU

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus

MONDAY

Breakfast For Lunch 4

2 WG French Toast
Bites [D][E][G][S][C] w Syrup [C] (1.02 oz Grain)
4 Turkey Sausage Bites [S] (2 oz)
¼ c Home Fries (Poppin Potatoes)
¼ c Tropical Fruit Salad
¾ c Milk [D]

Veg: 1 Hard Boiled Egg [E]

Italian 11

2 Chicken Tenders [G][S] (2 oz)
PC Marinara Sauce [T]
1oz WG Breadstick [D][G][S]
¼ c Baby Carrots
EHS Steamed
½ Apple (2-3 Slices) EHS Applesauce
¾ c Milk [D]

Veg: 3 Chix Tenders [G][S]

1 Chicken Patty [G][S][C]
1 WG Bun (1.8 oz) [G][S]
¼ c Baked Batatas & Apples
¼ c Tropical Fruit Salad
¾ c Milk [D]

Veg: Black Bean Patty* GARDENBURGER [G][S][C]

A Taste of the South 25

2 oz Oven Fried Chicken Leg
EHS 1 Chicken Tenders [G][S][C]
1 WG Wheat Roll [G][S][C]
¼ c Black Eyed Peas
¼ c Apple Slices (2-3) EHS 1/8 c Applesauce
¾ c Milk [D]

Veg: 3 Chicken Sub Nuggets [E][G][S][C]* w

TUESDAY

Stick to Your Ribs 5

3 Meatballs [D][T][G][S] (1 ½ oz) w
Marinara Sauce [T]
¼ c WG Penne Pasta [G] (½ oz Grain)
PC Parmesan Cheese [D]
¼ c Petite Broccoli w Veggie
Dip [D][E][S] EHS Steamed
½ Apple (2-3 Slices) EHS Applesauce
¾ c Milk [D]

Veg: 3 Veggie Meatballs [G][S] or [e]

Fiesta Beans & Rice 12

½ c Red Beans [T] (2 oz m/ma)
¼ c WG Rice
¼ c Broccoli w Ranch [D][E][S]
¼ c Pineapple
¾ c Milk [D]

Veg: Same

Use Your Noodle Bake 18

½ c Beef & Macaroni Pasta Bake #8 [D][T][G]
• 2 oz Beef, ¼ c WG Noodles (½ oz)
½ c Field Green Salad w Ranch [D][E][S]
2 Orange Wedges
¾ c Milk [D]

Veg: ½ c Cheesy Macaroni Pasta Bake [D][T][G] w 1 Mozzarella Cheese Stick [D]

Thanksgiving menu 26

2 oz Turkey and Gravy [D][G][S][C]
2 Tbsp Cranberry Sauce
¼ c Stuffing [G][S][C]
¼ c Green Beans
¼ c Candied Sweet Potatoes [C]
¾ c Milk [D]

Veg: 3 Chickenless Tenders (No Gravy) [G][S]

WEDNESDAY

Arroz con Pollo 6

¼ c Diced Chicken w ¼ c Vegetables (Bell Pepper, Onion Tomatoes)
¼ c WG Rice
¼ c Pineapple
¾ c Milk [D]

Veg: 3 Chickless Nuggets [G][S]

Tooty Fruity Salad 12

2 oz Oven Fried Chicken Leg
EHS 2 Chicken Tender
1 oz WG Corn Muffin [E][G][S][C]
¼ c Steamed Greens
¼ c Tropical Fruit Salad
¾ c Milk [D]

Veg: 4 oz Yogurt [D] with 1 oz String Cheese [D]

Chili Tater 19

½ c Chili con Carne [T][C]
1 oz WG Corn Muffin [E][G][S][C]
¼ c Roasted Potatos
¼ Pears
¾ c Milk [D]

Veg: Vegetarian Chili [D][T][G]

Finger Lickin Good 27

2 Tyson Chicken Tenders [G][S][C]
1 oz Cornbread [D][E][G][C]
¼ c Broccoli w Ranch [D][E][S]
2 Orange Wedges
¾ c Milk [D]

Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma

THURSDAY

Buen Apetito 7

½ c Beef Picadillo #8 [T] 1 ½ oz Meat
¼ c WG Rice (½ oz Grain)
½ c Spinach Salad w Creamy Italian [S]
¼ c Pears
¾ c Milk [D]

Veg: ¾ c Bean Picadillo [T]

Catch & Release Sandwich 13

3 oz WG CN Fish Fillet [D][G][S][C][F]
¼ c WG Rice (½ oz Grain)
¼ c Cole Slaw [E][S][C]
¼ c Honeydew
¾ c Milk [D]

Veg: 6 oz Yogurt [D]

Thanksgiving menu 21

2 oz Turkey and Gravy [D][G][S][C]
2 Tbsp Cranberry Sauce
¼ c Stuffing [G][S][C]
¼ c Green Beans
¼ c Candied Sweet Potatoes [C]
¾ c Milk [D]

Veg: 3 Chickenless Tenders (No Gravy) [G][S]



FRIDAY

Tooty Fruity Salad 1

1 Cheese Manicotti [D][E][G][C] w
Tomato Basil Sauce [T]
1 ½ oz Cheese, 2 oz WG Grain (2.75 oz)
½ c Field Greens Salad w Ranch
[D][E][S] EHS 1/8 c Steamed Zucchini
¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)
¾ c Milk [D]

Veg: Same

Make Your Own Burrito 8

¼ c Black Beans [C] [T] & 1/8 c
Monterrey Cheese [D] (1 ½ oz Meat Alternate)
2-6 in WW Tortilla [G][S] (1 oz)
PC Mild Salsa [T]
½ c Shredded Field Greens
¼ c Pineapple
¾ c Milk [D]

Veg: Same

Comfort Lunch 15

½ c Macaroni & Cheese [D][E][G][S][C]
¼ oz Cheese; ¼ c WG Noodles ½ oz
3/8 c Vegetarian Baked Beans (1 ½ oz Meat Alternate)
½ c Spinach Salad w Italian [S][C]
EHS Zucchini Sticks
¼ c Peaches
¾ c Milk [D]
Veg: Same

Make Your Own Pizza 22

½ WW English Muffin [D][G][S] 1 oz
2 TBSP Shredded Mozzarella Cheese [D]
1 oz String Cheese [D]
¼ c Marinara Sauce (Hot) [T]
½ c Spinach Salad w Italian [S][C]
EHS Zucchini Sticks
¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)
¾ c Milk [D]
Veg: Same





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