

Little Discoveries November Menu



Week:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	**Breakfast:** English Muffin, Bacon, Pineapple, Milk	**Breakfast:** WG Toast, Sausage, Applesauce, Milk	**Breakfast:** Biscuit, Canadian Bacon, Strawberries, Milk	**Breakfast:** Pancake on a Stick, HB Egg, Peaches, Milk
11/2-11/6	**Lunch:** Corn Dog, Green Beans, Peaches, Milk	**Lunch:** Tator Tot Hotdish, WG Bread Slice, Broccoli, Blueberries, Milk	**Lunch:** Quesadillas, Corn, Mandarin Oranges, Milk	**Lunch:** Mac & Cheese w/ hotdog, WG Bread Slice, Carrots, Grapes, Milk	**Lunch:** Pulled Pork Sandwich, Cook's Choice Fruit & Veggie, Milk
	Snack: Animal Crackers, *Applesauce* , Apple Slices, Water	**Snack:** Belvita Biscuits, Yogurt, Water	**Snack:** Club Crackers, Turkey & Cheese Slice, Water	**Snack:** Nutri-Grain Bar, SF Jello, Water	**Snack:** *WG Veggie Straws* , WG Chex-Mix, Fruit Twists, Water
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	**Breakfast:** Waffle, Canadian Bacon, Pears, Milk	**Breakfast:** Cinnamon Roll, Sausage, Strawberries, Milk	**Breakfast:** Bagel, Egg Patty, Applesauce, Milk	**Breakfast:** Pancake, Bacon, Mandarin Oranges, Mik
11/9-11/13	**Lunch:** Chicken Patty, Broccoli, Peaches, Milk	**Lunch:** Tacos, Mixed Veggies, Blueberries, Milk	**Lunch:** Chicken Veggie Rice Bake, WG Bread, Green Beans, Grapes, Milk	**Lunch:** Fish Sticks, Carrots, Pineapple, Milk	**Lunch:** Cheesy Broccoli Sausage Pasta, WG Bread Slice, Cook's Choice Fruit & Veggie, Milk
	Snack: *Puffcorn, Mandarin Oranges, Popcorn, Orange Smiles, Water*	**Snack:** WG Goldfish, Cottage Cheese, Water	**Snack:** *Rice Cakes* , Sunchips, String Cheese, Water	**Snack:** WG Pastry Crisps, *Yogurt Pouch* , Go-Gurt, Water	**Snack:** Strawberry Wafer Bar, SF Jello, Water
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	**Breakfast:** English Muffin, Sausage, Strawberries, Milk	**Breakfast:** WG Toast, Canadian Bacon, Applesauce, Milk	**Breakfast:** Biscuit, HB Egg, Pineapple, Milk	**Breakfast:** French Toast Sticks, Bacon, Pears, Milk
11/16-11/20	**Lunch:** Hamburger, Mixed Veggies, Peaches, Milk	**Lunch:** Tuna Hotdish, WG Bread Slice, Green Beans, Grapes	**Lunch:** Beef Pizza, Corn, Pineapple, Milk	**Lunch:** Cold Chicken Pasta, WG Bread Slice, Broccoli, Blueberries, Milk	**Lunch:** Ham& Cheese Sub, Cooks Choice Fruit & Veggie, Milk
	Snack: *Soft Pretzels* , Pretzels, Fruit Bar, Water	**Snack:** Nutri-Grain Bar, Yogurt, Water	**Snack:** WG Gold Fish, Salami & Cheese Slice, Water	**Snack:** Club Crackers,Danimals, Water	**Snack:** WG Fig Bar, *Applesauce* , Apple Slices, Water

	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	**Breakfast:** Waffle, Canadian Bacon, Strawberries, Milk	**Breakfast**: Pancake, Sausage, Applesauce, Milk		
11/23-11/27	**Lunch:** Fish Sticks, Mixed Veggies, Pears, Milk	**Lunch**: Mashed Potatoes w/ Chicken Gravy,WG Dinner Roll, Green Beans, Blueberries, Milk	**Lunch**: Corn Dog, Cook's Choice Fruit & Veggie, Milk	**LD Closed**	**LD Closed**
	Snack: *Puffcorn, Mandarin Orange* s, Popcorn, Orange Smiles, Water	**Snack:** Graham Cracker, Pudding Cup, Water	**Snack:** Cook's Choice Snack, Water		
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk				
30-Nov	**Lunch:** Chicken Nuggets, Broccoli, Mandarin Oranges, Milk				
	Snack: Pastry Crisps, Fruit Twists, Water				
	Infants: Vitamin D Milk, Toddler - School Age: 1% Milk			WG = Whole Grain	
	**Italicized options denote Infant - Toddler Classrooms*			SF = Sugar Free	