

# CHILD CARE CENTER

Menu for : November 2019 CCCC

Monday	Tuesday	Wednesday	Thursday	Friday
Dinos D-Diced/Chopped S-Steamed * Alternate Choice		<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b> 1 Bagels, Cream Cheese Bananas, Milk  <b>LUNCH</b> Turkey and Cheese Triscuit Crackers D-Cucumbers Sliced Apples Milk  <b>P.M. SNACK</b> Rice Cakes 100% Orange Juice
<b>BREAKFAST</b> 4 English Muffins D-Pears, Milk  <b>LUNCH</b> Bean & Macaroni Soup WW Saltines Corn Orange Slices Milk  <b>P.M. SNACK</b> Blueberry Muffins R 100% Apple Juice	<b>BREAKFAST</b> 5 Rice Chex Bananas, Milk  <b>LUNCH</b> Porcupine Sliders WGR Bun Sliced Apples Sweet Potato Tots Milk  <b>P.M. SNACK</b> Cottage Cheese, Pineapple, Water	<b>BREAKFAST</b> 6 Vanilla Yogurt, Mixed Berries, Milk  <b>LUNCH</b> Beef Spaghetti Spaghetti WGR Noodle Garlic Bread (homeade) Green Beans Sliced Apples Milk  <b>P.M. SNACK</b> Orange Cheese, Ranch Carrots & Broccoli Florets	<b>BREAKFAST</b> 7 Hard Boiled Eggs Bananas, Milk  <b>LUNCH</b> Chicken Sliders WW Bun French Fries Mandarin Oranges Milk  <b>P.M. SNACK</b> Apple Salad Granola water	<b>BREAKFAST</b> 8 Pumpkin Muffins Peaches Milk  <b>LUNCH</b> Beef Sloppy Joes WW Bun Steamed Mixed Veggies Mixed Fruit Milk  <b>P.M. SNACK</b> Animal Crackers 100% Grape Juice
<b>BREAKFAST</b> 11 Bagels, Cream Cheese 100% Orange Juice, Milk  <b>LUNCH</b> Chicken Fajitas WW Tortilla (WGR) Refried Beans Red Peppers Milk  <b>P.M. SNACK</b> Gold Fish, Applesauce	<b>BREAKFAST</b> 12 Biscuits & Gravy 100% Apple Juice, Milk  <b>LUNCH</b> Chic Penne w/Chicken D-Dark Green Salad/Spinach D-Peaches Milk  <b>P.M. SNACK</b> Cottage Cheese Mandarin Oranges, water	<b>BREAKFAST</b> 13 Oat Muffins Sliced Apples, Milk  <b>LUNCH</b> Beef Chili Corn Muffins Shredded Cheese Green Beans Orange Slices Milk  <b>P.M. SNACK</b> Teddy Grahams Bananas Water	<b>BREAKFAST</b> 14 Scrambled Eggs Bananas, Milk  <b>LUNCH</b> Spanish Rice (Brown rice and beef) Steamed Carrots D-Pears Milk  <b>P.M. SNACK</b> Blueberry Muffins 100% Orange Juice	<b>BREAKFAST</b> 15 Little Bites Cereal D-Peaches, Milk  <b>LUNCH</b> Grilled Cheese WW bread Tomato Soup Pineapple Milk  <b>P.M. SNACK</b> Graham Crackers, 100% Grape Juice
<b>BREAKFAST</b> 18 Cheerios Mixed Berries, Milk  <b>LUNCH</b> Egg Salad Sandwiches WW Bread Cucumber Slices D-Apple Slices Milk  <b>P.M. SNACK</b> Pumpkin Muffins 100% Orange Juice,	<b>BREAKFAST</b> 19 French Toast Sticks Apple Salad Milk  <b>LUNCH</b> Chicken Tacos WGR Tortilla Refried Beans Corn Salsa Milk  <b>P.M. SNACK</b> Triscuit Crackers Carrot Sticks, Hummus	<b>BREAKFAST</b> 20 Hard Boiled Eggs Bananas, Milk  <b>LUNCH</b> Chicken Ratatouille (R includes veggies) Biscuit D-Pears Milk  <b>P.M. SNACK</b> Wheat Thins Hummus, Red & Green Peppers	<b>BREAKFAST</b> 21 Blueberry Bread 100% Orange Juice, Milk  <b>LUNCH</b> Cheese Pizza R WGR Crust Pineapple D-Green Salad with spinach Milk  <b>P.M. SNACK</b> Mixed Berries Milk	<b>BREAKFAST</b> 22 Rice Chex D-Peaches, Milk  <b>LUNCH</b> Mac & Cheese W/ Turkey Ham DS-Fresh Broccoli Orange Slices Milk  <b>P.M. SNACK</b> Gold Fish, 100% Apple Juice
<b>BREAKFAST</b> 25 Rice Krispies 100% Orange Juice, Milk  <b>LUNCH</b> Roast Beef Sandwich on WW bread Celery Mandarin Oranges Milk  <b>P.M. SNACK</b> Broccoli & Cauliflower with Ranch, Milk	<b>BREAKFAST</b> 26 Waffle Sticks, Banana, Milk  <b>LUNCH</b> Ground Turkey/Beef Stroganoff Steamed Carrots D-Pears Milk  <b>P.M. SNACK</b> Yogurt Granola R	<b>BREAKFAST</b> 27 Oat Muffins 100% Grape Juice, Milk  <b>LUNCH</b> Chicken Nuggets Sweet Potato Tots Sliced Oranges Milk  <b>P.M. SNACK</b> Gold Fish, Applesauce	<b>BREAKFAST</b> 28 Closed - Thanksgiving	<b>BREAKFAST</b> 29 Closed - Thanksgiving

Whole Milk is served to children 12-24 months, Fat Free Milk is served 24 months and up

CN: Child Nutrition Label/PFS: Product Formulation Statement (PURPLE)

Recipe on file (BLUE)

Sugar Restriction Documentation on file (GREEN)

WGR: Whole Grain Rich (ORANGE)

Vitamin-A (RED)

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