



# CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p> <p>a.m. Whole Grain Waffles &amp; Fruit Jam <b>Tuna Salad Sandwich On Wheat Bread</b> <b>Green Beans</b> <b>Pears</b> p.m. Pretzels &amp; Sun Butter</p>	<p>2</p> <p>a.m. Yogurt W/ Blueberries <b>Flame Broiled Burgers w/Cheese On Wheat Bread</b> <b>Cauliflower</b> <b>Pineapple</b> p.m. Baked Cheese Itz Crackers &amp; Cheese Slices</p>	<p>3</p> <p>a.m. Wheat Cheese Toast <b>Lean Turkey Goulash</b> <b>Toasted Pita Bread</b> <b>Zucchini &amp; Squash</b> <b>Mandarin Oranges</b> p.m. *Fresh Melon &amp; Crackers</p>	<p>4</p> <p>a.m. Bananas &amp; Graham Crackers <b>Grilled Cheese &amp; Tomatoe Soup</b> <b>*Tomato &amp; Cheese Salad w/ Low Fat Italian Bananas</b> p.m. *Apples &amp; Sun Butter</p>	
<p>7</p> <p>a.m. Whole Grain Pancakes w/Fruit Jam <b>Cod Filet Tacos</b> <b>On Corn Tortillas</b> <b>Coleslaw</b> <b>Peaches</b> p.m. Fruit &amp; Grain Bars</p>	<p>8</p> <p>a.m. Low Fat Yogurt &amp; Berries <b>Spaghetti w/ Ground Turkey &amp; Marinara</b> <b>Garlic Bread</b> <b>Mixed Vegetables</b> <b>Apple Sauce</b> p.m. Rice Cakes &amp; Sun Butter</p>	<p>9</p> <p>a.m. Chex Cereal and Milk <b>Meatloaf &amp; Mashed Potatoes</b> <b>Wheat Bread</b> <b>Corn</b> <b>Mixed Fruit</b> p.m. *Apple Slices &amp; Graham Crackers</p>	<p>10</p> <p>a.m. English Muffins &amp; Sun Butter <b>Chicken Noodle Casserole</b> <b>Garlic Bread</b> <b>*Tomato &amp; Cheese Salad w/ Low Fat Ranch</b> <b>*Fresh Melon</b> p.m. Cucumbers/ *Carrots w/ Pretzels</p>	<p>11</p> <p>a.m. Warm Cinnamon *Apples &amp; Graham Crackers <b>Veggie Stir fry</b> <b>W/ Brown Rice</b> <b>Snap Peas</b> <b>Mandarin Oranges</b> p.m. Cheese &amp; *Tomato Quesadilla</p>
<p>14</p> <p>a.m. Bagels &amp; Cream Cheese <b>Green Chile Chicken Casserole</b> <b>Green Beans</b> <b>Pineapple</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>15</p> <p>a.m. Sausage Biscuit <b>*Family Feast Luncheon*</b> <b>Turkey Rolls</b> <b>Green Beans</b> <b>Mashed Potatoes</b> <b>Stuffing</b> p.m. Pumpkin Pie</p>	<p>16</p> <p>a.m. Fruit Muffins <b>Bow Tie Lasagna Bake</b> <b>Garlic Bread</b> <b>*Broccoli</b> <b>Mandarin Oranges</b> p.m. Bananas &amp; Graham Crackers</p>	<p>17</p> <p>a.m. Yogurt with Blueberries <b>Chicken Chili</b> <b>w/ Brown Rice</b> <b>Carrots</b> <b>*Apple Slices</b> p.m. *Fresh Melon &amp; Wheat Crackers</p>	<p>18</p> <p>a.m. Whole Grain Fig Bars <b>*Broccoli Cheese Soup</b> <b>Toasted Pita Bread</b> <b>Peas</b> <b>Bananas</b> p.m. Sun butter &amp; Jam Sandwich Squares</p>
<p>21</p> <p>a.m. Chex Cereal Squares w/Milk <b>Chicken, Spinach and Cheese Enchiladas</b> <b>Refried Pinto Beans</b> <b>Asparagus</b> <b>Mandarin Oranges</b> p.m. Cheese Itz Crackers &amp; Apple Sauce</p>	<p>22</p> <p>a.m. Pumkin Oatmeal <b>Turkey &amp; Cheese Toasted Sandwiches</b> <b>On Wheat Bread</b> <b>Cauliflower</b> <b>*Fresh Melon</b> p.m. Rice Cakes &amp; Sun Butter</p>	<p>23</p> <p>a.m. Bananas &amp; Graham Crackers <b>Fiesta Chicken Casserole</b> <b>*Tomato &amp; Cheese Salad w/ Low Fat Italian Mixed Fruit</b> p.m. Crackers, Cheese &amp; Pepperoni Slices</p>		
<p>28</p> <p>a.m. Whole Grain Waffles w/Fruit Jam <b>Cod fish filet</b> <b>W/ Spanish Rice</b> <b>Snap Peas</b> <b>Pears</b> p.m. Pretzels &amp; Sun Butter</p>	<p>29</p> <p>a.m. Wheat Cheese Toast <b>Lean Turkey Goulash</b> <b>Toasted Pita Bread</b> <b>Zucchini &amp; Squash</b> <b>Mandarin Oranges</b> p.m. *Fresh Melon &amp; Wheat Crackers</p>	<p>30</p> <p>a.m. Fruit Muffins <b>Chicken Pot Pie</b> <b>Yellow Squash</b> <b>Mixed Fruit</b> p.m. Bananas &amp; Graham Crackers</p>		



November  
2022

Do you know anyone who is looking for the best early care & education for their children? We'll have tours & enrollment specials for them as well!



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- All varieties of dairy are low fat & made from reduced fat/2% milk.
- Our nutrition plan exclusively serves whole wheat and/or whole grain pasta, rice & bread items.
- All servings of vegetables are fresh/frozen daily.
- Children under two are served soft fruit and veggies in place of fresh.
- All eggs are fully cooked before serving
- Vegetarian Alternative Offered

\* **Indicates local Farm Fresh Options**

**Ask your principal about vegetarian & vegan dietary needs!**

