

# CHEF PREPARED MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>a.m. Wheat Cheese Toast <b>Ham, Potato &amp; Veggie Bake</b> <b>Wheat Bread</b> <b>Zucchini &amp; Squash</b> <b>Mandarin Oranges</b> p.m. Sun butter &amp; Jam Sandwich Squares</p>	<p>2</p> <p>a.m. Cinnamon Toast &amp; Fruit <b>Chicken and *Broccoli Pasta</b> <b>Garlic Bread</b> <b>Peas &amp; Carrots</b> <b>Mixed Fruit</b> p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>3</p> <p>a.m. Pancakes w/ Banana Slices <b>Spaghetti</b> <b>w/ Marinara Sauce</b> <b>Garlic Bread</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Italian</b> <b>*Fresh Melon</b> p.m. Cheese &amp; *Tomato Quesadilla</p>
<p>6</p> <p>a.m. Bagels w/ Sun Butter <b>Tuna Salad Sandwich</b> <b>On Wheat Bread</b> <b>Green Beans</b> <b>Pears</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>7</p> <p>a.m. Sausage Biscuit <b>Soft Tacos</b> <b>Refried Pinto Beans</b> <b>Corn</b> <b>Pineapple</b> p.m. Fruit and Cheese</p>	<p>8</p> <p>a.m. Yogurt &amp; Granola <b>Chicken, Brown Rice &amp; Cheese Casserole</b> <b>Wheat Bread</b> <b>*Broccoli</b> <b>Mandarin Oranges</b> p.m. *Apple Slices &amp; Cheese</p>	<p>9</p> <p>a.m. Pancakes w/ Banana Slices <b>Parmesan Chicken with Linguine Pasta</b> <b>Wheat Bread</b> <b>Carrots</b> <b>Peaches</b> p.m. Bananas &amp; Pretzel</p>	<p>10</p> <p>a.m. Peaches &amp; Cottage Cheese <b>Three Bean soup</b> <b>Toasted Pita Bread</b> <b>Peas</b> <b>*Apple Slices</b> p.m. Sun Butter &amp; Jam Sandwich Squares</p>
<p>13</p> <p>a.m. Chex Cereal &amp; Berries <b>Beef, Bean &amp; Cheese Burritos</b> <b>Flour Tortillas</b> <b>Asparagus</b> <b>Peaches</b> p.m. Cheese Itz Crackers &amp; Fruit</p>	<p>14</p> <p><b>**Family Feast Luncheon**</b> a.m. Sausage Biscuit <b>Roasted Turkey</b> <b>Dinner Rolls</b> <b>Mashed Potatoes &amp; Green Beans</b> <b>Peaches</b> Pumpkin Pie &amp; Fruit</p> 	<p>15</p> <p>a.m. Pumpkin Oatmeal <b>Sesame Chicken Slaw Wraps</b> <b>Flour Tortillas</b> <b>Zucchini &amp; Squash</b> <b>Mixed Fruit</b> p.m. *Fresh Melon &amp; Crackers</p>	<p>16</p> <p>a.m. English Muffins &amp; Sun Butter <b>Chicken Taco Casserole</b> <b>Flour Tortillas</b> <b>Peas &amp; Carrots</b> <b>*Fresh Melon</b> p.m. *Apples &amp; Cheese Slices</p>	<p>17</p> <p>a.m. Warm Cinnamon <b>*Apples &amp; Graham Crackers</b> <b>Shells &amp; Cheese w/ *Broccoli</b> <b>Toasted Pita Bread</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Italian</b> <b>Bananas</b> p.m. English Muffins w/ Sun butter &amp; Bananas Slices</p>
<p>20</p> <p>a.m. Bagels w/ Sun Butter <b>Teriyaki Chicken</b> <b>W/ Rice</b> <b>Snap Peas</b> <b>Pineapple</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>21</p> <p>a.m. Fruit and Muffins <b>Rotini Pasta Salad w/ Ham, *Broccoli and Cheese</b> <b>Wheat Bread</b> <b>Cauliflower</b> <b>Apple Sauce</b> p.m. Animal Crackers &amp; Cucumber Slices</p>	<p>22</p> <p>a.m. Wheat Cheese Toast <b>Tuna Noodle Casserole</b> <b>Toasted Pita Bread</b> <b>Corn &amp; Fresh *Tomato</b> <b>Mandarin Oranges</b> p.m. *Apple Slices &amp; Animal Crackers</p>	 <p>Happy Thanksgiving</p>	
<p>27</p> <p>a.m. Chex Cereal &amp; Berries <b>Chicken and Cheese Enchiladas</b> <b>Spanish Rice</b> <b>Corn</b> <b>Apple Sauce</b> p.m. Cheese Itz Crackers &amp; Fruit</p>	<p>28</p> <p>a.m. Muffins and Friut <b>Potato Beef Bake</b> <b>Wheat Bread</b> <b>Carrots</b> <b>Mandarin Oranges</b> p.m. Animal Crackers &amp; Cucumber Slices</p>	<p>29</p> <p>a.m. Yogurt &amp; Granola <b>Oven Roasted Chicken w/ Stuffing</b> <b>Wheat Bread</b> <b>Green Beans</b> <b>Pears</b> p.m. *Fresh Melon &amp; Crackers</p>	<p>30</p> <p>a.m. English Muffins &amp; Sun Butter <b>Beef Ravioli</b> <b>Wheat Bread</b> <b>Chopped Broccoli</b> <b>Mixed Fruit</b> p.m. *Apples &amp; Cheese Slices</p>	



November  
2023

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**

