Early Childhood Education
November

ONE TABLE

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Breakfast	No	School	Oatmeal Raisin Breakfast Round Applesauce	English Muffin w/ Sunbutter (ve) Grape Juice	Maple Snack'n Waffle Banana

Daily offerings include cheerios, rice chex, blueberry chex, cinnamon chex and trix cereal bowls. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. All ECE breakfast options are vegetarian (including milk and eggs) and (ve) denotes vegan choices.

Lunch Comfort Kitchen			Turkey Tacos al Pastor w/ Avocado Crema Grilled Cheese Sandwich (v) Aztec Corn & Black Beans Pineapple Tidbits	Baked Alfredo & Marinara Penne Pasta (v) Citrus Carrots Banana	Cheese Pizza (v) Parmesan Green Beans Applesauce

OFFERED DAILY
Non fat white milk
Low-fat 1% white milk

All grain products are whole grain rich.
(v) denotes vegetarian choices (includes milk and eggs) and (ve) denotes vegan choices. . (f) denotes an option that contains fish. Locally Sourced items offered daily. This menu is subject to change and based upon product availability. Additional nutrition information available upon request.

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Early Childhood Education
November

ONE TABLE

	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Breakfast	Oatmeal Raisin Round Tangerines	Whole Grain Biscuit w/ Grape Jelly Orange Wedges	**No School**	Plain Bagel w/Cream Cheese Fresh Banana	Strawberry Yogurt Strawberries

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Lunch Comfort Kitchen	Beef Crunchy Tacos Bean Tacos (v) Mexican Corn Orange Slices	Chicken Nuggets Plant-Based Chik'n Nuggets (ve) Citrus Glazed Carrots Pineapple Ranch, BBQ, Ketchup		French Toast Sticks w/ Scrambled Eggs (v) Roasted Sweet Potatoes Applesauce	Pollock Nuggets (f) Glorious Mac & Cheese (v) Roasted Broccoli Banana

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Early Childhood Education

November

ONE TABLE

	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Breakfast	French Toast Sticks w/ Syrup (ve) Tangerines	Cinnamon Snack'n Waffle Orange Wedges	Tropical Mango Oatmeal Round Pineapple	Whole Grain Bagel w/ Cream Cheese Applesauce	Vanilla Yogurt Cup Mandarin Oranges

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Lunch Comfort Kitchen	Sunbutter & Jelly Sandwich (ve) Sweet Plantains Applesauce	Spaghetti w/ Turkey Marinara Baked Penne (v) Parmesan Green Beans Pineapple	Quebec Pea Soup Plant-Based Nuggets (ve) Green Peas Orange Slices **International Food Day!**	**Roasted Turkey & Gravy w/ Cornbread** **Mac & Cheese (v)** **Roasted Sweet Potatoes** **Baked Cinnamon Apples** Thanksgiving Meal	Beef Crunchy Taco Cheese Pizza (V) Mexican Black Beans Orange Slices

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Early Childhood Education
November

ONE TABLE

	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Breakfast	Blueberry Muffin Orange Wedges	English Muffin w/ Sunbutter (ve) Diced Peaches			
Lunch Comfort Kitchen	Turkey & Cheese Nachos Sunbutter & Jelly Sandwich (ve) Mexican Black Beans Apple Slices	Pollock Nuggets (f) Veggie Burger (v) Tater Tots Diced Pears Ranch, Ketchup, BBQ			

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Low-fat 1% white milk

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Early Childhood Education

November/December

ONE TABLE

	Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Breakfast	Banana Muffin Diced Pears	Blueberry Snack'n Waffle Strawberries	Whole Grain Bagel w/ Cream Cheese Orange Slices	French Toast Sticks w/ Syrup (ve) Pineapple	Maple Snack'n Waffle Banana
Lunch Comfort Kitchen	Chicken Quesadilla Cheese Quesadilla (v) Mexican Black Beans Orange Slices	Glorious Macaroni & Cheese (v) Collard Greens Pineapple	Beef Totchos w/ Breadstick Plant-Based Totchos w/ Breadstick (v) Garden Salad w/ Diced Tomato Banana	Scrambled Cheesey Eggs w/ Biscuit (v) Sunbutter & Jelly Sandwich (ve) Roasted Sweet Potato Tangerines	Cheese Pizza (v) Turkey & Cheese Sandwich Green Peas Diced Peaches

Daily offerings include cheerios, rice chex, blueberry chex, cinnamon chex and trix cereal bowls. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. All ECE breakfast options are vegetarian (including milk and eggs) and (ve) denotes vegan choices.

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