




BREAKFAST




NOVEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WG Cheese Toast Mandarin Oranges	2 Whole Grain Blueberry Muffin Scrambled Eggs Pears	3 Whole Grain Pancakes/Syrup Cinnamon Applesauce	4 WG Cheerios Bananas	5 Oatmeal w/Cinnamon & Brown Sugar Strawberries	6
	8 WG Waffles w/Syrup Sausage Bananas	9 Cinnamon WG Toast Pears	10 Egg & Cheese Biscuit Peaches	11 WG Buttered Toast Cheese Grits Pineapples	12 Breakfast Burrito Strawberries	13
	15 Cheese Grits w/Sausage, Eggs Pears	16 Breakfast Pizza Fresh Oranges	17 Cold Cereal Strawberries	18 Whole Grain Pancakes w/Syrup Peaches	19 Chicken Biscuit Pears	20
	22 Buttered English Muffin w/Sausage Applesauce	23 Biscuits w/Gravy Peaches	24 Oatmeal w/Cinnamon & Bananas	25	26	
	29 Bagel w/Grape Jelly Strawberries	30 Chicken Biscuit Pineapples				

Milk is served at breakfast and lunch
Whole Milk is for 1yr olds. 1% for 2 yr and up
Soy or lactaid with Dr. Note
WG= Whole Grain (We serve at least one a day)
*** If no juice is listed then you serve water***

NOVEMBER 2021



INFANT BREAKFAST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Formula Oatmeal Cereal Peaches	2 Formula Oatmeal Cereal Pears	3 Formula Rice Cereal Sweet Potatoes	4 Formula Rice Cereal Sweet Peas	5 Formula Rice Cereal Squash	6
	8 Formula Rice Cereal Green Beans	9 Formula Rice Cereal Carrots	10 Formula Oatmeal Cereal Bananas	11 Formula Oatmeal Cereal Pears	12 Formula Mixed Cereal Peaches	13
	15 Formula Mixed Cereal Sweet Peas	16 Formula Rice Cereal Squash	17 Formula Rice Cereal Green Beans	18 Formula Mixed Cereal Bananas	19 Formula Oatmeal Cereal Pears	20
	22 Formula Mixed Cereal Peaches	23 Formula Oatmeal Cereal Bananas	24 Formula Oatmeal Cereal Applesauce	25 	26	
	29 Formula Mixed Cereal Pears	30 Formula Rice Cereal Bananas				

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LUNCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Fish Nuggets Green Beans Mac & Cheese Peaches	2 Salisbury Steak w/Gravy Mashed Potatoes Corn WG Roll	3 WG Cheese Pizza Salad w/Ranch Pears	4 Meatballs w/ Sauce WG Penne Pasta Peas Pineapples	5 Chicken Patty On Bun w/Mayo Tater Tots Baked Beans	6
	8 BBQ Meatballs WG Brown Rice Broccoli Carrots	9 Chicken Salad Ritz Crackers Carrots Peaches	10 Cheeseburger on Bun Tater Tots Baked Beans	11 Beef Chili w/Cheese Ritz Crackers Carrots Fruit Cocktail	12 Turkey & Cheese Sub Mixed Vegetables Mandarin Oranges	13
	15 Chicken Taco Lettuce & Cheese with Tortilla Chips Corn Mandarin Oranges	16 Beef-a-Roni Green Beans Applesauce	17 Chicken Parmesan Spaghetti Noodles Sweet Potatoes Bananas	18 Chicken Nuggets Green Beans Strawberries WG Sliced Bread	19 WG Cheese Pizza French Fries Pears	20
	22 Teriyaki Chicken Brown Rice Broccoli Medley Bananas	23 Beef Burrito w/Cheese Pinto Beans Pineapples	24 Turkey w/ Gravy Green Beans Mash Potatoes Fruit Cocktail	25	26	
	29 BBQ Chicken on WG Bun Mac & Cheese Strawberries	30 Spaghetti w/ Beef Crumble Salad w/Ranch Applesauce				

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INFANT LUNCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Formula Rice Cereal Sweet Peas	2 Formula Mixed Cereal Squash	3 Formula Oatmeal Cereal Bananas	4 Formula Mixed Cereal Applesauce	5 Formula Oatmeal Cereal Peaches	6
	8 Formula Oatmeal Cereal Pears	9 Formula Mixed Cereal Bananas	10 Formula Rice Cereal Green Beans	11 Formula Oatmeal Cereal Carrots	12 Formula Rice Cereal Sweet Peas	13
	15 Formula Oatmeal Cereal Applesauce	16 Formula Mixed Cereal Peaches	17 Formula Rice Cereal Sweet Potatoes	18 Formula Oatmeal Cereal Squash	19 Formula Rice Cereal Bananas	20
	22 Formula Rice Cereal Sweet Peas	23 Formula Rice Cereal Carrots	24 Formula Mixed Cereal Sweet Potatoes	25	26	
	29 Formula Rice Cereal Squash	30 Formula Mixed Cereal Sweet Peas				

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SNACK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Whole Grain Graham Crackers Grape Juice	2 Whole Grain Goldfish Cranberry Blend	3 Animal Crackers Dannon Vanilla Yogurt	4 Ritz Crackers Sliced Cheese Water	5 Pretzels Twist Sliced Cheese Grape Juice	6
	8 Cheez-its Fruit Punch	9 Whole Grain Blueberry Muffins Apple Juice	10 WG Goldfish Pretzel Cheerios Cinnamon Mix Apple Juice	11 Grape Jelly Sandwich Fruit Punch	12 Celery w/Ranch Ritz Crackers Cranberry Juice	13
	15 Crisp Rice Cereal Vanilla Yogurt Strawberry Parfait	16 Corn Chips w/ Salsa Apple Juice	17 WG Graham Cracker White Grape Juice	18 Tortilla Chips w/Cheese Sauce & Salsa Water	19 Animal Crackers Strawberries	20
	22 Turkey & Cheese Roll up Apple Juice	23 Cheez-its Fruit Punch	24 Vanilla Water Bananas Water	25 	26	
	29 Corn Chips French Onion Dip Cranberry Juice	30 WG Goldfish Grape Juice				

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INFANT SNACK

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	1 Formula Oatmeal Cereal Bananas	2 Formula Graham Cracker Peaches	3 Formula Rice Cereal Carrots	4 Formula Ritz Sweet Peas	5 Formula Rice Cereal Green Beans	6
	8 Formula Saltine Squash	9 Formula Rice Cereal Carrots	10 Formula Oatmeal Cereal Peaches	11 Formula Mixed Cereal Applesauce	12 Formula Graham Cracker Bananas	13
	15 Formula Oatmeal Cereal Peaches	16 Formula Mixed Cereal Pears	17 Formula Saltine Squash	18 Formula Rice Cereal Carrots	19 Formula Graham Cracker Peaches	20
	22 Formula Oatmeal Cereal Applesauce	23 Formula Graham Cracker Banana	24 Formula Oatmeal cereal Peaches	25 	26	
	29 Formula Oatmeal Cereal Pears	30 Formula Rice Cereal Bananas				

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