



# November Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<b>Week 1 (November 2-6)</b>	<p><b>EC Breakfast:</b> Rice Crispies, 1% Milk, Juice/Fruit</p> <p><b>Morning Snack:</b> Nonfat/Lowfat Yogurt, Fresh Fruit, Water</p> <p><b>Lunch:</b> Macaroni &amp; Cheese, Steamed Vegetables, Fresh Fruit, 1% Milk</p> <p><b>Snack:</b> Tam Tams, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Cheerios, 1% Milk, Fresh fruit</p> <p><b>Morning Snack:</b> Nonfat/Lowfat Yogurt, Fresh Fruit, Water</p> <p><b>Lunch:</b> Chicken Nuggets, Rice, Steamed Broccoli, Carrots &amp; Corn, Fresh Fruit, Juice</p> <p><b>Snack:</b> Tam Tams, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Wh. Crackers, Cheese, 1% Milk, Juice</p> <p><b>Morning Snack:</b> Corn Chex, 1% Milk, Water</p> <p><b>Lunch:</b> Fish Sticks, Pasta, Salad, Fruit, Milk</p> <p><b>Snack:</b> Nonfat/Lowfat Yogurt, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Rice Crispies, 1% Milk, Fresh Fruit</p> <p><b>Morning Snack:</b> Challah, Cheese, Grape Juice, Water</p> <p><b>Lunch:</b> Hamburger on Bun, Carrots &amp; Corn, Pasta, Fresh Fruit, Juice</p> <p><b>Snack:</b> Graham Crackers, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Corn Chex &amp; 1% Milk, Juice/Fruit</p> <p><b>Morning Snack:</b> Cheerios, 1% Milk, Water</p> <p><b>Lunch:</b> Pizza, Fresh Cut Veggies, Fresh Fruit, 1% Milk</p> <p><b>Snack:</b> Tea Biscuits, Applesauce, Water</p>	<p><b>Notes concerning lunch:</b></p> <p>1.Children with allergies will be served an alternate dish (i.e. Rice/Soy Milk instead of 1% milk)</p> <p>2. Alternate selections will be available if a child does not eat the lunch (i.e. Pasta, soy-nut butter/margarine/ jam/cream cheese sandwiches on whole wheat bread or crackers).</p> <p>3. EC Breakfast is served to children arriving at or before 8:00 am for Early Care</p> <p><b>Please note: Menu is subject to change</b></p>
<b>Week 2 (November 9-13)</b>	<p><b>EC Breakfast:</b> Rice Crispies, 1% Milk, Juice/Fruit</p> <p><b>Morning Snack:</b> Corn Chex &amp; 1% Milk</p> <p><b>Lunch:</b> Baked Ziti, Steamed Vegetables, Fresh Fruit, 1% Milk</p> <p><b>Snack:</b> Tam Tams, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Corn Chex, 1% Milk, Fresh Fruit</p> <p><b>Morning Snack:</b> Muffin &amp; 1% Milk</p> <p><b>Lunch:</b> Chicken w/ Broccoli &amp; Carrots in Brown Sauce, Rice, Fruit, Juice</p> <p><b>Snack:</b> Wheat crackers, Chumus/Soybutter, Water</p>	<p>11/11</p> <p><b>VETERAN'S DAY SCHOOL CLOSED</b></p>	<p><b>EC Breakfast:</b> Corn Flakes, 1% Milk, and Fresh Fruit</p> <p><b>Morning Snack:</b> Challah, Soybutter, Grape Juice, Water</p> <p><b>Lunch:</b> Hamburger on Bun, Carrots &amp; Corn, Pasta, Fresh Fruit, Juice</p> <p><b>Snack:</b> Tea Biscuits, Applesauce, Water</p>	<p><b>EC Breakfast:</b> Cheerios &amp; 1% Milk, Juice/Fruit</p> <p><b>Morning Snack:</b> Nonfat/Lowfat Yogurt, Fresh Fruit, Water</p> <p><b>Lunch:</b> Pizza, Fresh Cut Veggies, Fresh Fruit, 1% Milk</p> <p><b>Snack:</b> Graham Crackers, Fresh Fruit, Water</p>	
<b>Week 3 (November 16-20)</b>	<p><b>EC Breakfast:</b> Rice Crispies, 1% Milk, Juice/Fruit</p> <p><b>Morning Snack:</b> Nonfat/Lowfat Yogurt, Fresh Fruit, Water</p> <p><b>Lunch:</b> Macaroni &amp; Cheese, Steamed Vegetables, Fresh Fruit, 1% Milk</p> <p><b>Snack:</b> Tam Tams, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Corn Chex, 1% Milk, Fresh Fruit</p> <p><b>Morning Snack:</b> Muffin &amp; 1% Milk</p> <p><b>Lunch:</b> Chicken w/ Broccoli &amp; Carrots in Brown Sauce, Rice, Fruit, Juice</p> <p><b>Snack:</b> Wheat crackers, Chumus/Soybutter, Water</p>	<p><b>EC Breakfast:</b> Wh. Crackers, Cheese, 1% Milk and Juice</p> <p><b>Morning Snack:</b> Corn Chex &amp; 1% Milk</p> <p><b>Lunch:</b> Fish Sticks, Pasta, Salad, Fruit, Milk</p> <p><b>Snack:</b> Nonfat/Lowfat Yogurt, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Cheerios, 1% Milk, and Fresh Fruit</p> <p><b>Morning Snack:</b> Challah, Cheese, Grape Juice, Water</p> <p><b>Lunch:</b> Hamburger on Bun, Rice, Steamed Broccoli, Carrots &amp; Corn, Fresh Fruit, Juice</p> <p><b>Snack:</b> Graham Crackers, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Corn Chex &amp; 1% Milk, Fresh Fruit</p> <p><b>Morning Snack:</b> Cheerios, 1% Milk, Water</p> <p><b>Lunch:</b> Pizza, Fresh Cut Veggies, Fresh Fruit, 1% Milk</p> <p><b>Snack:</b> Tea Biscuits, Applesauce, Water</p>	
<b>Week 4 (November 23-25)</b>	<p><b>EC Breakfast:</b> Rice Crispies, 1% Milk, Juice/Fruit</p> <p><b>Morning Snack:</b> Corn Chex &amp; 1% Milk</p> <p><b>Lunch:</b> Baked Ziti, Steamed Vegetables, Fresh Fruit, 1% Milk</p> <p><b>Snack:</b> Tam Tams, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Corn Chex, 1% Milk, Fresh Fruit</p> <p><b>Morning Snack:</b> Muffin &amp; 1% Milk</p> <p><b>Lunch:</b> Chicken w/ Broccoli &amp; Carrots in Brown Sauce, Rice, Fruit, Juice</p> <p><b>Snack:</b> Wheat crackers, Chumus/Soybutter, Water</p>	<p><b>EC Breakfast:</b> Wh. Crackers, Cheese, 1% Milk and Juice</p> <p><b>Morning Snack:</b> Cheerios &amp; 1% Milk</p> <p><b>Lunch:</b> Thanksgiving FEAST-PARENT PARTICIPATION</p> <p><b>Snack:</b> Nonfat/Lowfat Yogurt, Fresh Fruit,</p>	<p>11/26</p> <p><b>THANKSGIVING NO SCHOOL</b></p>	<p>11/27</p> <p><b>THANKSGIVING NO SCHOOL</b></p>	
<b>Week 5 (Nov 30- Dec 4)</b>	<p><b>EC Breakfast:</b> Rice Crispies, 1% Milk, Juice/Fruit</p> <p><b>Morning Snack:</b> Corn Chex &amp; 1% Milk</p> <p><b>Lunch:</b> Macaroni &amp; Cheese, Steamed Vegetables, Fresh Fruit, 1% Milk</p> <p><b>Snack:</b> Tam Tams, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Corn Chex, 1% Milk, Fresh Fruit</p> <p><b>Morning Snack:</b> Muffin &amp; 1% Milk</p> <p><b>Lunch:</b> Chicken w/ Broccoli &amp; Carrots in Brown Sauce, Rice, Fruit, Juice</p> <p><b>Snack:</b> Wheat crackers, Chumas/Soybutter, Water</p>	<p><b>EC Breakfast:</b> Wh. Crackers, Cheese, 1% Milk, Juice</p> <p><b>Morning Snack:</b> Cheerios, 1% Milk, Water</p> <p><b>Lunch:</b> Fish Sticks, Pasta, Salad, Fruit, Milk</p> <p><b>Snack:</b> Nonfat/Lowfat Yogurt, Fresh Fruit, Water</p>	<p><b>EC Breakfast:</b> Corn flakes, 1% Milk, and Fresh Fruit</p> <p><b>Morning Snack:</b> Challah, Cheese, Grape Juice, Water</p> <p><b>Lunch:</b> Hamburger on Bun or Chicken Nuggets,, Rice, Steamed Broccoli, Carrots &amp; Corn, Fresh Fruit, Juice</p> <p><b>Snack:</b> Tea Biscuits, Applesauce, Water</p>	<p><b>EC Breakfast:</b> Cheerios &amp; 1% Milk, Fresh Fruit</p> <p><b>Morning Snack:</b> Nonfat/Lowfat Yogurt, Fresh Fruit, Water</p> <p><b>Lunch:</b> Pizza, Fresh Cut Veggies, Fresh Fruit, 1% Milk</p> <p><b>Snack:</b> Graham Crackers, Fresh Fruit, Water</p>	

