

# EC Menus November 2017

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate  
 Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food



\*Milk is served with breakfast and with snack.

aMonday	Tuesday	Wednesday	Thursday	Friday
Wk 4		11/1	11/2	11/3
		Unsweetened Cereal Fresh Banana	Whole Grain Pancake Strawberries	Whole Wheat Toast/Sun Butter Pineapple Tidbits
		Cheesy Scrambled Eggs Hash Brown Potatoes Mandarin Oranges, Apples, Cranberry Salad Whole Grain Biscuit	Sweet & Sour Chicken Brown Rice Pilaf Stir Fry Veggies Fresh Orange Wedges	Baked Chicken Drums Mashed Sweet Potatoes Warm Apple Slices Challah
		Carrot Fries/Russian Dressing	Diced Peaches/Graham Cracker	Fresh Pear
11/6	Wk 5	11/7	11/8	11/9
Unsweetened Cereal Strawberries	Whole Wheat English Muffin Half Apricots	Unsweetened Cereal Fresh Banana	Blueberry Bagel Applesauce	Whole Wheat Bread(1) Hard Boiled Egg Pineapple Tidbits
Baked Potato Bites Meatless Chili Shredded Cheese Honeydew/Kiwi Mini Pretzel Stick	Rotini & Homemade Meatballs Cucumber Slices w/Ranch Diced Pears	Baked Tilapia Rainbow Rice Tropical Fruit	Deli Turkey Red Pepper Hummus Whole Wheat Bread Fresh Orange Wedges	Homemade Breaded Chicken Strips Honey Mustard Green Beans Fresh Red Grapes Challah
Scooby Grahams	Fresh Apple Wedges	Cheese Squares Whole Wheat Crackers	Cereal Snack Mix	Diced Peaches

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Monday		Tuesday	Wednesday	Thursday	Friday
11/13	Wk 1	11/14	11/15	11/16	11/17
Oatmeal Diced Peaches		Whole Grain Biscuit Mixed Fruit	Unsweetened Cereal Fresh Banana	French Toast Applesauce	Whole Grain Bagel/Cream Cheese Fresh Orange Wedges
Hot Cheese Sliders Roasted Veggies Fresh Apple Wedges		Meatballs/Gravy Brown Rice Peas Mandarin Oranges	Pizza Bagel Caesar Salad Fresh Red Grapes	Homemade Turkey Burgers Sweet Potato Wedges Pineapple Tidbits Whole Wheat Bun	Honey Glazed Chicken Drums Green Beans Tropical Fruit Challah
Animal Crackers		Carrot Fries w/Taco Dip	Soft Pretzel Bites/ Honey Mustard Dip	Fresh Pear	Yogurt/Strawberries
11/20	Wk 2	11/21 Thanksgiving Lunch	11/22	11/23	11/24
Unsweetened Cereal Pineapple Tidbits		Whl Wht Toast/Sun Butter Mixed Fruit	Unsweetened Cereal Fresh Banana	Thanksgiving Holiday No Meal Service	Thanksgiving Holiday No Meal Service
Cheese Pizza Green Salad w/Ranch Fresh Apples & Grapes		Roast Turkey Homemade Mashed Potatoes Green Beans Cran Applesauce Dinner Roll	Minestrone Soup Tuna Tortillas Fresh Oranges Wedges		
Scooby Grahams		Fresh Pear	Hummus/Whl Wheat Crackers		

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11/27	Wk 3	11/28	11/29	11/30	12/1
Unsweetened Cereal Diced Peaches		Scrambled Eggs Whole Grain Bagel Half Fresh Red Grapes	Oatmeal Fresh Banana	Whole Grain Biscuit Mandarin Oranges	Whole Grain Pancake Diced Pears
Cream of Tomato Soup Toasted Cheese Dippers Mixed Fruit		Taco Tuesday Taco Seasoned Beef Lettuce/Diced Tomatoes Flour Tortilla Fresh Apple Wedges	Baked Tilapia Au Gratin Potatoes Strawberries	Homemade Glazed BBQ Meatballs Oodles of Noodles Roasted Zucchini & Carrots Tropical Fruit	Chicken Drums Harvest Bake Warm Apple Slices Challah
Fresh Orange Wedges		Soft Pretzel Bites/Ranch Dip	Pimiento Cheese/Whl Wht Crackers	Oat Granola	Fresh Banana