

# EC Menus November 2019

**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.

Monday	Tuesday	Wednesday	Thursday	Friday
				11/1
				Whole Grain Pancake Diced Peaches
				Chicken Hawaiian Brown Rice Green Beans Tropical Fruit
				Fresh Apple Wedges
11/4 Wk 1	11/5	11/6	11/7	11/8
Unsweetened Cereal Diced Peaches	Whole Grain Biscuit Strawberries	Unsweetened Cereal Banana	Whole Wheat Pancakes Honeydew	Whole Wheat Toast Sun Butter Pineapple Tidbits\
Pizza Pasta Roasted Green Beans Fresh Red Grapes	Beef Soft Taco Chopped Lettuce Diced Tomatoes Salsa Fresh Apple Wedges	Cheesy Scrambled Eggs Roasted Potato Bites Mandarin Oranges, Apples, Craisins Whole Grain Biscuit	Sweet & Sour Chicken Brown Rice Pilaf Stir Fry Veggies Fresh Orange Wedges	Turkey/Gravy Mashed Potatoes Diced Peaches Challah
Applesauce Graham Cracker	Cheese Crackers	Mixed Fruit/Yogurt	Tropical Fruit	Strawberries

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Monday		Tuesday	Wednesday	Thursday	Friday
11/11	Wk 2	11/12	11/13	11/14	11/15
Oatmeal Diced Peaches		Whole Grain Biscuit Mixed Fruit	Unsweetened Cereal Banana	Whole Wheat Toast Scrambled Eggs Tropical Fruit	Belgian Waffles Mandarin Oranges
Baked Potato Bites Vegetarian Chili Shredded Cheese Honeydew Mini Pretzel Stick		Spaghetti & Homemade Meatballs Cucumber Slices w/Ranch Dip Diced Pears	Baked Tilapia Corn on the Cob Honeydew Whole Wheat Dinner Roll	Deli Turkey Hummus Whole Wheat Pita Fresh Orange Wedges	Homemade Breaded Chicken Strips Honey Mustard Green Beans Fresh Red Grapes Challah
Snack Mix		Apple Wedges Sunbutter	Diced Peaches	Fresh Pear	Whole Grain Bagel Half Cream Cheese
11/18	Wk 3	11/19	11/20	11/21	11/22
Unsweetened Cereal Hard Boiled Egg Mixed Fruit		Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Fresh Banana	Cinnamon Raisin Bagel Cream Cheese Cantaloupe	Yogurt Strawberries Oat Granola
Hot Cheese Sliders Roasted Veggies Fresh Apple Wedges		Homemade Chicken Fajita Strips Texas Rice Roasted Red Peppers Pineapple Tidbits	Pizza Bagel Fresh Carrot Sticks w/Ranch Dip Honeydew	Homemade Glazed BBQ Meatballs Oodles of Noodles Roasted Zucchini Tropical Fruit	Honey Glazed Chicken Drums Sweet Peas Red Grapes Challah
Tropical Fruit		Soft Pretzel Bites	Sun Butter Graham Crackers	Cheese Crackers	Mandarin Oranges

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>11/25</b> <b>Wk 4</b>	<b>11/26</b>	<b>11/27</b>	<b>11/28</b>	<b>11/29</b>
Oatmeal Graham Crackers Warm Cinnamon Peaches	Whole Grain Biscuit Honeydew & Cantaloupe	Unsweetened Cereal Fresh Banana	Thanksgiving Holiday	Thanksgiving Holiday
Cheese Pizza Green Salad w/Caesar Dip Fresh Apples & Grapes	Roast Turkey/Gravy Sweet Potato Bites Whole Wheat Dinner Roll Cranberry Applesauce	Minestrone Soup Tuna Salad Fresh Oranges Wedges Whole Wheat Crackers		
Fresh Orange Wedges	Fruit Cup	Cheese Squares Whole Grain Crackers		