

November and December, 2022 LUNCH SNACK AND EVENTS

Nov. 14	Nov 15	Nov 16	Nov 17	Nov 18
Cold cereal, Bananas (mashed), 2% (whole)	Cream of Wheat Cereal	Whole wheat bread w/cr. Cheese, Fruit	Oatmeal w/ Apples, 2% (whole)	Egg, Pineapple
Avocados	Broccoli, water	Oranges, low fat cheese	Bananas (mashed), Milk	Grapes, Cottage cheese
Open faced reduced fat cheese on multigrain bread. Broccoli (cooked) Banana(mashed), 2%.	Chicken w/ rice, 2%, Apples	Tuna with whole wheat elbows, 2%, Oranges	Chicken, fresh greens, 2%, fruit salad	Turkey and Potato, Green beans, Apples, 2%
Celery w/raisins and cream cheese No raisins for toddlers	Yogurt with fruit	Cottage Cheese, applesauce	Avocado and Multigrain Bread	Whole wheat bread w/cream cheese
Nov 21	Nov 22	Nov 23 Thanks Party 12 PM	Nov 24 School Closed to all	Nov 25 School Closed to all
Cold Cereal, 2% Bananas	Reduced fat cheese, Juice	Cream of Wheat w/raisins for older children	Boiled egg, Carrots	Multigrain bread, Cr. Cheese, Juice
Egg and Whole wheat bread	Cucumber	Melon and Yogurt	Apples and graham crackers	Cold cereal, 2%.
Spaghetti w/sauce and parmesan cheese, 2%, oranges	Broiled turkey burgers on multigrain bread, 2%, Carrots (cooked), Apples.	Omelet w/vegetables, 2% Oranges.	Chicken hot dogs and Beans w/whole wheat bread, fruit salad, 2%	Homemade Pizza w/ cheese, 2%, Apples.
Apples and multigrain bread	Broccoli and bread	Grapes and graham crackers	Cottage cheese and applesauce	Fruit Medley
Nov 28	Nov 29	Nov 30	Dec 1	Dec 2
Cold Cereal, Bananas (mashed), Carrots, low fat cheese	Egg French Toast and Applesauce Broccoli, water	Panckes, Applesauce, cty.ch. Bananas (mashed), milk	Oatmeal w/Apples Yogurt with fruit	Egg, Fruit Cucumber
Egg and potato, 2%, Apples or applesauce, Cauliflower	Home made lasagna, 2%, grapes	Lean meat and vegetables, 2%, Oranges	Turkey and Rice, 2%, Bananas(mashed), Broccoli	Fish, multigrain bread, 2%, Fruit Salad
Low fat cheese, Juice	Cottage Cheese and Strawberries	Cereal, 2% (whole).	Avocados	Whole wheat bread w/ Cream Cheese
Dec 5	Dec 6	Dec 7	Dec 8	Dec 9 Winter Prog. 6 pm
Cold cereal, Bananas (mashed), 2%(whole)	Cream of Wheat Cereal	Whole wheat bread w/cr. Cheese, Fruit	Oatmeal w/ Apples, 2% (whole)	Egg, Pineapple
Avocados	Broccoli and water	Oranges, low fat cheese	Bananas (mashed), Milk	Grapes, Cottage cheese
Open faced reduced fat cheese on multigrain bread. Broccoli(cooked) Banana(mash), 2%.	Chicken w/rice, 2%, Apples	Tuna w/ wheat elbows, 2%, oranges	Chicken, fresh greens, 2%, fruit salad	Turkey and Potato, Green beans, Apples, 2%
Celery w/raisins and cream cheese. No raisins for toddlers.	Yogurt w/Fruit	Cottage Cheese, Applesauce	Avocado and Multigrain Bread	Whole wheat bread w/cream cheese
Dec 12	Dec 13	Dec 14	Dec 15	Dec 16
Cold Cereal, 2% Bananas	Reduced fat cheese, Juice	Cream of Wheat w/raisins for older children	Boiled egg, Carrots	Whole grain bread, Cr. Cheese, juice
Whole wheat bread and egg	Cucumber	Melon and Yogurt	Apples and graham crackers	Cold cereal, 2%.
Spaghetti w/sauce and parmesan cheese, 2%, oranges	Broiled Turkey Burgers on multigrain bread, 2%, Carrots (cooked), Apples.	Omelet w/vegetables 2%, Oranges.	Hot dogs chicken And Beans w/whole grain bread, fruit salad, 2%.	Homemade Pizza w/ cheese, 2%, Apples.
Apples and multigrain bread	Broccoli and bread	Grapes and Graham crackers	Cottage cheese and applesauce	Fruit Medley

*Nov. 23rd Thanksgiving Party 12 p.m. Relatives and friends invited. School closed after the party. November 24 and November 25 school closed for the holiday.