

| November 2021 Menu | |
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| <div></div> <div><p>KIDS CAN IN THE KITCHEN:</p><p>When kids help make foods, they're more likely to try new foods.</p><p>Show kids how to:</p><p>Measure grains & liquids</p><p>Package cooked grains in the freezer</p><p>Count minutes during cooking</p><p>Name all of the cooking utensils and ingredients while creating your meal</p></div> | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | Important Notes | |
|---|---|---|--|--|--|---|--|---|---|--|---|--|
| | 1 | | 2 | | 3 | | 4 | | 5 | | | |
| | Whole Wheat Pasta & Garlic Butter | | Oven Roasted Turkey Breast with Gravy | | Cheese Pizza | | Veggie Meatballs with Tomato Sauce | | Bean & Cheese Burrito | | Green squares indicate daily vegetarian entrée. | |
| | Whole Wheat Pasta & Garlic Butter | | Veggie Patty with Veggie Gravy | | Cheese Pizza | | Veggie Meatballs with Tomato Sauce | | Bean & Cheese Burrito | | | |
| | Lightly Steamed Peas Vanilla Yogurt Pineapple Milk | | Roasted Sweet Potatoes Steamed Broccoli Applesauce Milk | | Cucumber with Ranch Mango Milk | | Veggie Orzo Steamed Cauliflower Honeydew Milk | | Roasted Green Beans Cantaloupe Milk | | Our produce is >75% locally sourced | |
| | 8 | | 9 | | 10 | | 11 | | 12 | | | |
| | Turkey Sloppy Joe | | Herb Chicken with Gravy | | Spaghetti with Meat Sauce | | Grilled Cheese Quesadilla | | Veggie Lasagna | | | |
| | Veggie Sloppy Joe | | Veggie Meatballs with Veggie Gravy | | Spaghetti with Marinara Sauce | | Grilled Cheese Quesadilla | | Veggie Lasagna | | | |
| | Steamed Carrots Honeydew Milk | | Mashed Sweet Potatoes Spinach with Ranch Mango Milk | | Roasted Zucchini Cranberry Apple Sauce Milk | | Lightly Steamed Peas Cantaloupe Milk | | Steamed Broccoli Pineapple Milk | | Toddlers will be served whole milk 2's and above will be served 1% milk | |
| | 15 | | 16 | | 17 | | 18 | | 19 | | | |
| | Turkey Chili Mac & Cheese | | Chicken Tenders | | French Toast Stick with Strawberry Sauce | | Grilled Cheese Sandwich | | Baked Ziti with Marinara Sauce | | Soy milk is available upon request | |
| | Veggie Crumble Mac & Cheese | | Veggie Patty with Cheese | | French Toast Stick with Strawberry Sauce & Veggie Sausage | | Grilled Cheese Sandwich | | Baked Ziti with Marinara Sauce | | | |
| | Roasted Green Beans Mango Milk | | Fresh Zucchini with Ranch Cantaloupe Milk | | Turkey Sausage Lightly Steamed Carrots Pineapple Milk | | Tomato Soup Honeydew Milk | | Fresh Cucumber with Ranch Applesauce Milk | | Amgen Dining Commitment: Poultry without routine use of human antibiotics & sourcing rBGH-free milk & yogurt. | |
| | 22 | | 23 | | 24 | | 25 | | 26 | | *In the event you determine that your child(ren) is or maybe allergic to any menu items, please contact Bright Horizons (Cindy Fisher) immediately at ext 78816. Parents are responsible for providing alternative menu for their child(ren). | |
| | Chicken Pasta Alfredo | | Cheese Quesadilla | | Brown Rice Stir Fry with Chicken | | <div></div> | | | | | |
| | Pasta Alfredo | | Cheese Quesadilla | | Brown Rice Stir Fry with Tofu | | | | | | | |
| | Steamed Peas Mango Milk | | Spinach with Ranch Pineapple Milk | | Bok Choy Cantaloupe Milk | | | | | | | |
| | 29 | | 30 | | Dec 1 | | 2 | | 3 | | | |
| | Mac& Cheese | | Turkey Burger | | Whole Grain Strawberry Pancake | | Turkey Sloppy Joe | | Cheese Pizza | | | |
| | Mac & Cheese | | Veggie Burger | | Whole Grain Strawberry Pancake with Veggie Patty | | Veggie Sloppy Joe | | Cheese Pizza | | | |
| Roasted Green Beans Mango Milk | | Rice pilaf Steamed Carrots Honeydew Milk | | Turkey Sausage Cucumber Applesauce Milk | | Roasted Yellow Squash Cantaloupe Milk | | Spinach with Ranch Pineapple Milk | | | | |
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Menu is subject to change without notice based on food availability.

* This menu satisfies the USDA Child Care Food Program guidelines. Please review this menu carefully and determine whether your child(ren) may be allergic to any menu item ("Allergen"). If you believe your child(ren) may be allergic to any item on this menu, or if you would like additional information regarding the ingredients of any menu item, please contact Cindy Fisher at ext 78816. Upon your request, you will receive a complete list of ingredients for each menu item requested.