

November 2004	1	2	3	4	5
Breakfast	RTE Cereal Fruit	Cheese Muffins Fruit	Scrambled Eggs Toast	Pancakes Fruit	Oatmeal Fruit
Lunch	Chicken Nuggets Green Beans Pears	Tomato Soup, Toasted Cheese, Peaches	Mac-n-Cheese Peas MandarinOranges	Baked Ham Broccoli Apple Sauce	Turkey Dogs Baked Beans Peaches
Snack	Grahams Applesauce	Jello/Fruit Water	Fruit w/ PB Dip Water	Veggies n Dip Grape Juice	Cheese Crackers Apple Juice
	8	9	10	11	12
Breakfast	RTE Cereal Fruit	Bagels Fruit	Fruit Yogurt Toast	Blueberry Muffins- Fruit	French Toast Fruit
Lunch	Turkey -n- Cheese, Peas, Peaches	Baked Pasta Salad Pineapple	Tuna Sandwich Green Beans Applesauce	Taco's w/ LT Corn MandarinOranges	Sloppy Joes Tater Tots Pears
Snack	Cinnamon Toast OJ	Banana Pudding Water	Nachos Apple Juice	Snack Mix Grape Juice	Veggies n Dip Water
	15	16	17	18	19
Breakfast	RTE Cereal Fruit	Pancakes Fruit	Fruit Oatmeal	Hardboiled Eggs Toast	Bagels Fruit
Lunch	Fish Sticks Broccoli Applesauce	Veggie/Beef Soup, PBJ, Pears	Mac-n-Cheese Green Beans Peaches	Meat Loaf Mash Potatoes Pineapple	Toasted Cheese Baked Beans MandarineOranges
Snack	Snack Mix Grape Juice	Jello/Fruit Water	PB Crackers Apple Juice	Oatmeal Cookies Grape Juice	Banana Pudding Water
	22	23	24	25	26
Breakfast	RTE Cereal Fruit	Blueberry Muffins/ Fruit	French Toast Fruit		
Lunch	Chicken Soup PB Sandwich Peaches	Muffin Pizza Green Beans Pineapple	Harvest Luncheon	BDC CLOSED	BDC CLOSED
Snack	Pretzels Applesauce	Cinnamon Toast Orange Juice	PB Crackers Water		
	29	30	1	2	3
Breakfast	Oatmeal Fruit	RTE Cereal Fruit	Yogurt Toast	Bagels Fruit	Cheese Muffins Fruit
Lunch	Spaghetti Salad Peaches	Taco's w/ LT Corn Applesauce	Tomato Soup Toasted Cheese Oranges	Chicken Nuggets Green Beans Pears	Tuna Sandwich Broccoli Pineapple
Snack	Nachos Grape Juice	Rice Cakes w/ PB, Water	Cheese Crackers Apple Juice	PB Grahams Orange Juice	Blueberry Muffins Water

Milk is served daily with breakfast and lunch. 100% juices or water are served with snack. All bread products are whole wheat. Fresh fruit is served daily and changes seasonally. Nursery does not receive PB or processed meats. Toddler parents may opt out of PB until age 2. Several meatless meals are served monthly. Oatmeal is served with brown sugar. Every effort is made to serve healthy, nutritious meals and introduce the children to new foods.