

Early Learning Center Month: November 2024

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2 age	3-5 age	6-12 age					November 1 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup					Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup					Applesauce
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	-½ s or ½ serv (1/2 oz)	-1s or 1 serv (1 oz)					Whole Grain Biscuits
	Add. Food option								Butter
Lunch	Milk	½ cup	¾ cup	1 cup					Milk
	Vegetable	1/8 cup	¼ cup	1/2 cup					Salad- (lettuce, cabbage, carrots) inf/tods-lettuce
	Fruit	1/8 cup	¼ cup	1/4 cup					Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz					Diced Hard-boiled Egg
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)					Whole Grain Dinner Roll
	Add. Food option								Ranch Dressing
Snack	Fluid	½ cup	½ cup	1 cup					White Grape Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)					Baked Soft Pretzels

**Early Learning Center
Month: November 2024**

	Menu Item	1-2 age	3-5 age	6-12 age	November 4 Monday	November 5 Tuesday	November 6 Wednesday	November 7 Thursday	November 8 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk		Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	CLOSED	Pineapple	Blueberries	Applesauce
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Kix Cereal		Cheerios Cereal	Rice Chex Cereal	Whole Grain French Toast Sticks
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk		Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans		Stewed Tomatoes	Corn	Peas
	Fruit	1/8 cup	¼ cup	1/4 cup	Peaches		Apple Slices	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Egg Salad (diced hard-boiled egg, mustard, mayo, dill)	CLOSED	Macaroni and Cheese (whole grain macaroni, cheddar cheese, milk)	Diced Chicken and Salsa	Chicken Salad (Chicken, light mayo, dill)
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Whole Wheat Bread		Whole Grain Macaroni	Whole Wheat Tortilla	Whole Wheat Bread
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Apple Juice		Water	Milk	Orange Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Whole Grain Bean and Veggie Crackers	CLOSED	Flat Bread and Cheddar Cheese Cubes	Cheez-it Crackers	Whole Grain Graham Cracker Goldfish

**Early Learning Center
Month: November 2024**

	Menu Item	1-2 age	3-5 age	6-12 age	November 11 Monday	November 12 Tuesday	November 13 Wednesday	November 14 Thursday	November 15 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Apple Slices	Mango	Orange Slices	Bananas
	Grains (oz eq)	½ s or serving (1/2 oz)	½ s or ½ serving (½ oz)	-1s or 1 serving (1 oz)	Bran Flakes Cereal	Whole Grain Croissants	Life Cereal	Multi-Grain Cheerios Cereal	Rice Chex Cereal
	Add. Food option					Apple Butter			
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mashed Potatoes	Lima Beans	Diced Carrots	Stewed Tomatoes	Zucchini
	Fruit	1/8 cup	¼ cup	¼ cup	Mandarin Oranges	Peaches	Pineapple	Mixed Fruit	Pears
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Diced Chicken and Gravy	Turkey Sausage Patty Melt (turkey sausage, whole grain English muffin, cheddar cheese)	Sweet and Sour Chicken (Diced Chicken, Sweet and Sour Sauce)	Grilled Cheese (Whole Wheat Bread, Sliced Cheddar Cheese)	Tuna Salad (tuna, mayo, dill)
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Grain Dinner Roll	Whole Grain English Muffin	Whole Grain Slider Roll	Whole Wheat Bread	Whole Wheat Pita
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Orange Juice	Apple Juice	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Townhouse crackers and Soy Nut Butter	Apple Cinnamon Whole Grain Squares	Triscuit Crackers	Whole Grain Cheddar Goldfish	Animal Crackers

**Early Learning Center
Month: November 2024**

	Menu Item	1-2 age	3-5 age	6-12 age	November 18 Monday	November 19 Tuesday	November 20 Wednesday	November 21 Thursday	November 22 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Pears	Applesauce	Strawberries	Apple slices
	Grains (oz eq)	½ s or serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Corn Flakes Cereal	Kix Cereal	Whole Wheat Bagels	Rice Chex Cereal	Cheerios Cereal
	Add. Food option						Cream Cheese		
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Diced Potatoes (potatoes, olive oil, oregano)	Carrots	Mixed Vegetables	Cucumber Slices
	Fruit	1/8 cup	¼ cup	1/4 cup	Mixed Fruit	Peaches	Pineapple	Mandarin Oranges	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Scrambled Eggs	Turkey Burger	Chicken Teriyaki (diced chicken, teriyaki sauce, broccoli)	BBQ Ground Turkey	Sliced Turkey
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Wheat Tortilla	Whole Wheat Hamburger Bun	Whole Grain Slider Roll	Whole Grain Dinner Roll	Whole Wheat Bread
	Add. Food option					Ketchup			Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Orange Juice	Water	White Grape Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Pretzels and Sliced Cheddar Cheese (infants/tods-Baked Soft Pretzels)	Graham Crackers	Multi-Grain Club Crackers	Triscuits and Cheddar Cheese Cubes	Whole Grain Bean and Veggie Crackers

**Early Learning Center
Month: November 2024**

	Menu Item	1-2 age	3-5 age	6-12 age	November 25 Monday	November 26 Tuesday	November 27 Wednesday	November 28 Thursday	November 29 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup					
	Fruit Vegetable	¼ cup	½ cup	½ cup	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	Grains (oz eq)	½ serv - ¼ cup or 1/3 oz -¼ cup	-½ s or ½ serv -1/3 cup or ½ oz -¼ cup	-1s or 1 serv -¾ cup or 1oz -½ cup					
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup					
	Vegetable	1/8 cup	1/4 cup						
	Fruit	1/8 cup	¼ cup	1/4 cup					
	Meat/ alternative	1 oz	1 ½ oz	2 oz	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv					
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup					
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED