

ECLC NOVEMBER 2016 MENU w/ SNACK

	<u>TUESDAY 1</u>	<u>WEDNESDAY 4</u>	<u>THURSDAY 5</u>	<u>FRIDAY 6</u>
<p><u>ALTERNATE MEALS:</u></p> <p>11/1-11/6: Wow Butter & Honey Sandwich</p> <p>11/7-11/11: Hummus Plate</p> <p>11/14-11/18: Yogurt Box</p> <p>11/21-11/22: Wow Butter & Honey Sandwich</p> <p>11/28-11/30: Hummus Plate</p>	<p><u>BREAKFAST</u></p> <p>Grape Ape Smoothie or Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p><u>LUNCH</u></p> <p>Brunch for Lunch: Scrambled Eggs w/ Cheese, Waffle Bar, Hash browns Steamed Spinach Mixed Fruit Choice of Milk</p> <p><u>SNACK</u></p> <p>Hummus & Pita Bread 100% Fruit Juice</p> <p>LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u></p> <p>Chicken Biscuit or Assorted Cereal w/ Toast 100% Fruit Juice Choice of Milk</p> <p><u>LUNCH</u></p> <p>Turkey & Cheese Roll Up Steamed Broccoli (F2S) French Fries Banana Slices Choice of Milk</p> <p><u>SNACK</u></p> <p>Fruit and Yogurt Water</p>	<p><u>BREAKFAST</u></p> <p>Pancakes w/ Syrup & Sausage or Assorted Cereal w/ Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u></p> <p>Sliced Chicken Filet w/ Dip Seasoned Rice Pinto Beans Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u></p> <p>Vanilla Wafers & Banana Water</p>	<p><u>BREAKFAST</u></p> <p>Scrambled Eggs & Cheese Grits Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u></p> <p>Cheese Pizza Buttered Corn Steamed Carrots Sliced Peaches Choice of Milk</p> <p><u>SNACK</u></p> <p>WG Choc. Chip Oatmeal Bar 100% Fruit Juice</p>
<u>MONDAY 7</u>	<u>TUESDAY 8</u>	<u>WEDNESDAY 9</u>	<u>THURSDAY 10</u>	<u>FRIDAY 11</u>
<p><u>BREAKFAST</u></p> <p>Cinnamon Roll Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p><u>LUNCH</u></p> <p>Hamburger w/ Choice of Cheese, Lettuce, Tomato, Pickle Ranch Potato Wedges Sliced Pears Choice of Milk</p> <p><u>SNACK</u></p> <p>Whole Grain Graham Crackers w/ WOW Butter Water</p>	<p align="center"><u>NO SCHOOL</u> <u>TEACHER WORK DAY</u></p>	<p><u>BREAKFAST</u></p> <p>Egg & Cheese Biscuit Assorted Cereal w/Toast Sliced Bananas Choice of Milk</p> <p><u>LUNCH</u></p> <p>Diced Chicken Alfredo w/ WG Pasta Steamed Carrots Steamed Broccoli (F2S) Apple Crisp Choice of Milk</p> <p><u>SNACK</u></p> <p>WG Goldfish Sliced Peaches Water</p>	<p><u>BREAKFAST</u></p> <p>Oatmeal w/ Brown Sugar or Assorted Cereal w/Toast Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u></p> <p>Chicken Soft Tacos Lettuce, Tomatoes & Salsa Sour Cream & Guacamole Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u></p> <p>Cheese Stick, WG Crackers Water</p>	<p><u>BREAKFAST</u></p> <p>Scrambled Eggs & Cheese Grits or Assorted Cereal w/ Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u></p> <p>Spaghetti (Meat or Marinara) Buttered Corn Steamed Mixed Veggies Fruit Cocktail Choice of Milk</p> <p><u>SNACK</u></p> <p>Rice Chex Cereal 100% Fruit Juice</p>

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<u>MONDAY 14</u>	<u>TUESDAY 15</u>	<u>WEDNESDAY 16</u>	<u>THURSDAY 17</u>	<u>FRIDAY 18</u>
<p><u>BREAKFAST</u> French Toast w/ Syrup or Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u> Turkey & Cheese Roll Up Sweet Potato Fries Green Peas Sliced Pears Choice of Milk</p> <p><u>SNACK</u> Whole Grain Strawberry Bar Milk</p>	<p><u>BREAKFAST</u> Peach Pie Parfait or Assorted Cereal w/ Toast Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Cheese Ravioli w/ Marinara Garlic Toast Steamed Broccoli (F2S) Banana Slices Choice of Milk</p> <p><u>SNACK</u> Hummus & Pita Bread 100% Fruit Juice LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Sausage Biscuit & Banana or Assorted Cereal w/ Toast Choice of Milk</p> <p><u>LUNCH</u> THANKSGIVING LUNCHEON: Turkey w/ Gravy & Cranberry Sauce, Cornbread Dressing, Haricots Verts, Sweet Potato Soufflé, Fruit Salad Choice of Milk</p> <p><u>SNACK</u> Cheerios Diced Pears Water</p>	<p><u>BREAKFAST</u> Waffle w/ Syrup or Assorted Cereal w/ Toast 100% Fruit Juice Choice of Milk</p> <p><u>LUNCH</u> THANKSGIVING LUNCHEON: Turkey w/ Gravy & Cranberry Sauce, Cornbread Dressing, Haricots Verts, Sweet Potato Soufflé, Fruit Salad Choice of Milk</p> <p><u>SNACK</u> Vanilla Wafers & Banana Water</p>	<p><u>BREAKFAST</u> MANAGER'S CHOICE</p> <p><u>LUNCH</u> MANAGER'S CHOICE</p> <p><u>SNACK</u> WG Choc. Chip Oatmeal Bar Milk</p>
<u>MONDAY 21</u>	<u>TUESDAY 22</u>	<u>WEDNESDAY 23</u>	<u>THURSDAY 24</u>	<u>FRIDAY 25</u>
<p><u>BREAKFAST</u> Turkey Sausage Biscuit or Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u> Beanie Weenies Cheese Toast Steamed Carrots Seasoned Green Peas Sliced Pears Choice of Milk</p> <p><u>SNACK</u> Whole Grain Muffin Milk</p>	<p><u>BREAKFAST</u> Berry Parfait or Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p><u>LUNCH</u> Grilled Cheese Steamed Mixed Veggies French Fries Banana Slices Choice of Milk</p> <p><u>SNACK</u> Hummus & Pita Bread 100% Fruit Juice LEAN & GREEN DAY</p>	<p><u>THANKSGIVING BREAK</u> <u>NO SCHOOL</u></p>	<p><u>THANKSGIVING BREAK</u> <u>NO SCHOOL</u></p>	<p><u>THANKSGIVING BREAK</u> <u>NO SCHOOL</u></p>

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<u>MONDAY 28</u>	<u>TUESDAY 29</u>	<u>WEDNESDAY 30</u>		
<p style="text-align: center;"><u>BREAKFAST</u> Chicken Biscuit or Mandarin Oranges Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Chicken Nuggets Real Mashed Potatoes Seasoned Green Peas Warm Apple Slices Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Whole Grain Muffin Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u> Berry Parfait or Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Grilled Cheese Corn Chowder Steamed Mixed Veggies Banana Slices Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Whole Grain Blueberry Bar 100% Fruit Juice LEAN & GREEN DAY</p>	<p style="text-align: center;"><u>BREAKFAST</u> Cinnamon Roll or Assorted Cereal w/ Toast 100% Fruit Juice Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Cheese Pizza Buttered Corn Steamed Broccoli (F2S) Sliced Peaches Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Fruit and Yogurt Water</p>		

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