

EHS/Head Start

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Notes: Children 12 – 24 months Whole Vitamin D Milk Children over 24 months 1% Low-fat Milk Cold Cereal = Cheerios, Corn Flakes, Rice Krispies, Corn Chex, Wheat Chex, Kix</p>			<p>1 Cold Cereal Banana Hamburger Baked Beans Pineapples Hamburger Bun Tortilla Chips Unsweetened Juice</p>	<p>2 Waffle Mixed Fruit Tuna Salad Salad Mix Pears Wheat Crackers Apple String Cheese</p>
<p>5 Warm Apple Slices Biscuit Salisbury Steak w/Gravy Mashed Potatoes Diced Peaches Wheat Bread Goldfish Crackers Unsweetened Juice</p>	<p>6 Professional Day School Closed</p>	<p>7 French Toast Sticks Pears Pizza Corn Mandarin Oranges Pizza Crust Applesauce Graham Crackers</p>	<p>8 Cold Cereal Mixed Fruit Meatballs Green Beans Sliced Apples Hot Dog Bun Yogurt Cheerios</p>	<p>9 Mini Bagel Mandarin Oranges Turkey Fajita Shredded Lettuce Pears Wheat Wrap Soft Pretzel Unsweetened Juice</p>
<p>12 Slice Raisin Bread Diced Pears Beef Steaks Smiley Fries Mandarin Oranges Hot Dog Roll Applesauce Wheat Crackers</p>	<p>13 Warm Apples Wheat Bread Fish Sticks Corn Mixed Fruit Wheat Bread Cheez it Crackers Unsweetened Juice</p>	<p>14 Cold Cereal Banana Meatloaf w/Gravy Egg Noodles Green Beans Diced Peaches Diced Pears Graham Crackers</p>	<p>15 Pancake Mixed Fruit Diced Chicken Stir Fry Vegetables Diced Pears Wheat Bread Tortilla Chips Unsweetened Juice</p>	<p>16 English Muffin Mandarin Oranges Tuna Salad Salad Mix Pineapples Wheat Crackers Warm Apples Raisin Bread</p>
<p>19 French Toast Sticks Peaches Chicken Tenders Smiley Fries Mandarin Oranges Wheat Bread Pretzel Twist Unsweetened Juice</p>	<p>20 Cold Cereal Mandarin Oranges Fish Wedge Salad Mix Pineapples Wheat Bread Applesauce Wheat Crackers</p>	<p>21 </p>	<p>22 </p>	<p>23 </p>
<p>26 Cold Cereal Diced Peaches Chicken Tenders Smiley Fries Mandarin Oranges Wheat Bread Pretzel Twist Diced Pears</p>	<p>27 French Toast Sticks Pineapples Fish Wedge Mixed Fruit Green Beans Wheat Bread Cheez it Unsweetened Juice</p>	<p>28 Pancake Pears Cheese Pizza Corn Diced Peaches Pizza Crust Slice Raisin Bread Apple Sauce</p>	<p>29 Cold Cereal Banana Hamburger Baked Beans Pineapples Hamburger Bun Tortilla Chips Unsweetened Juice</p>	<p>30 Waffle Mixed Fruit Tuna Salad Salad Mix Pears Wheat Crackers Apple String Cheese</p>