November 2019 | Head Start - Applegate and Creston | Eat Local Squash on Thursdays

	Monday	Tuesday	Wednesday	Thursday	Friday
					1
Breakfast					
Lunch					No Classes for Students
Snack					
	4	5	6	7	8
Breakfast	Mini Maple Pancakes 🕜 🍪	Bagel with Cream Cheese 🕜 🍪	French Toast Sticks 🕜 🤡	Whole Grain Cinnamon Chex 🕜 🍪	Banana Bread 🕜 🍪
Lunch	Chicken Nuggets 🔗	Teriyaki Chicken with Brown Rice 🍪	Homemade Lasagna 🕜	Cheese Pizza 🕜 🍪	Chicken Filet Sandwich 🍪
Snack	Fruit and Pretzels 🕜	Fruit and Cheese 🕜	Strawberry Yami Yogurt and Granola 🕜 🍪	Vegetables and Cheese 🕜	Apple Chips and Sunflower Seeds (V)
	11	12	13	14	15
Breakfast		Whole Grain Cinnamon Chex W	Maple Waffles 🕜 🥝	Whole Grain Cereal Kellogg's Rice Krispies V 🧐	Cinnamon Crumble Bread 🕜 🚱
Lunch	Veterans Day Schools Closed	Orange Chicken with Brown Rice 🚱	Pancakes with Turkey Sausage and Potatoes &	Cheese Pizza 🕜 🍪	Hand Rolled Bean and Cheese Burrito 🕜 修
Snack		Fruit and Cottage Cheese 🕜	Strawberry Yami Yogurt and Granola 🕜 🍪	Fruit and Cheese 🕜	Vegetables and Crackers W
	18	19	20	21	22
Breakfast	Whole Grain Cinnamon Chex 🕜 🍪	Turkey Ham and Cheese on a Hawaiian Bun 🚱	Whole Grain Cereal Kellogg's Rice Krispies 🕜 🍪	Blueberry Muffin 🕜 🤔	
Lunch	Chicken Nuggets 🍪	Hamburger 🍪	Taco Salad with Beans 🕜	Cheese Pizza 🕜 修	No Child Day
Snack	Cheese and Pretzels 🕜	Fruit and Crackers 🕜 修	Strawberry Yami Yogurt and Granola 🕜 修	Fruit and Cottage Cheese 🕜	
	25	26	27	28	29
Breakfast					
Lunch	No Child Day	No Child Day	No Child Day	Happy Thanksgiving Schools Closed	District Closed
Snack					

1% milk is offered daily with Breakfast and Lunch. Fruit is offered with breakfast, fruit and vegetables are both offered with lunch.

Menu is subject to change. This institution is an equal opportunity provider.