

November Menu - 2023

Child & Family Centers of Excellence • National Centers for Learning Excellence

**Lunch Menu
2023 -2024**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatball Marinara Sub on WG Mini Bun Mozzarella Cheese California Vegetables Fruit & 1% Milk	2 Chicken Breast Corn w/Lima Beans WG Dinner Roll Fruit & 1% Milk	3 Fish Sandwiches with Cheese on WG Bun Tartar Sauce Steamed Carrots Fresh cut Fruit Salad 1% Milk
6 Cheeseburger w/ketchup WW Enriched Buns Pickle slices - Broccoli Fruit & 1% Milk	7 Chicken Taco Shredded Lettuce, Diced Tomato Shredded Cheese, Salsa Multigrain Tortilla shell Fruit & 1% Milk	8 Warm Ham Slices Sweet potato pieces w/ketchup Enriched WG Bread Fruit & 1% Milk	9 Seasoned Chicken Breast Enriched Spanish Rice on side Garden Salad w/Dressing Fruit & 1% Milk	10 Italian Sausage WG Pasta Marinara Casserole Italian Blend Vegetables Fresh Fruit Salad & 1% Milk
13 Grilled Garlic Herb Chicken Breast WW Dinner Roll Peas & Carrots Fruit & 1% Milk	14 Turkey in Gravy Mashed Potatoes WG Roll Corn Fruit & 1% Milk	15 WG Lasagna Roll Up in Marinara Parmesan Cheese Garden Salad w/Dressing Fruit & 1% Milk	16 Roast Beef in Gravy Enriched Brown Rice or Rice Pilaf Beets Fruit & 1% Milk	17 WG Flat Bread or Facaccia Turkey Pepperoni, Cheese or BBQ Chicken Pizza Raw Vegetables w/Ranch Dressing Cut Fruit & 1% Milk
20 Sloppy Joes on WG Slammer Bun Steamed Carrots Fruit & 1% Milk	21 Chicken Tenders w/Sauce WG Dinner Roll Green Beans Fruit & 1% Milk	22 Fish Nuggets or Fillet Tartar Sauce Healthy Slaw Mix Dressing WW Bun Fruit & 1% Milk	23 Happy Thanksgiving	24 Center Closed
27 Tempura Chicken w/Sweet n Sour Sauce Enriched Brown Rice or Rice Pilaf Peas or Pea Pods Fruit & 1% Milk	28 Meatballs in Gravy Mashed Potatoes Pickle Spears WG Roll Fruit & 1% Milk	29 BBQ Shredded Pork WW Sliced Bun Corn Fruit & 1% Milk	30 Chicken Parmesan WG Pasta w/Marinara Sauce Parmesan Cheese Garden Salad w/ Dressing Fruit & 1% Milk	1 Breaded Chicken Strips, Shredded Lettuce, Sliced Tomatoes, Shredded Cheese & Mayo, WG Pita Pockets Fruit & 1% Milk

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**Breakfast and Snack
Menu 2023 -2024**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 WG Cereal w/ Fruit 1% Milk WG Crackers Raw vegetables w/ Ranch 1% Milk	2 Whole wheat roll Chicken sausage party Fruit & 1% Milk WG Cereal Mix Cheerios-crispix-chex-kix Fruit & 1% Milk	3 WG Breakfast bread Fruit & 1% Milk WG Crackers Fruit and 1% Milk
6 WG Waffles w/Syrup Fruit & 1% Milk Fruit - String Cheese 1% Milk	7 WG Enriched Toast Omelets - Fruit & 1% Milk Sun/Soy Butter WG Crackers Fruit & 1% Milk	8 WG Cereal w/ Fruit 1% Milk Raw Vegetables w/Dip WG Crackers & 1% Milk	9 WG French Toast w/Cinnamon Sugar Turkey Sausage Links Fruit & 1% Milk WG Assorted Muffins Fruit & 1% Milk	10 Enriched Raisin Bread Spread Fruit & 1% Milk Whole Grain Snack Mix Fruit & Water
13 Toast Cinnamon Bread w/Spread Fruit & 1% Milk Multi Grain Tortilla Sun Butter Fruit & 1% Milk	14 WW Toast Scrambled Eggs Fruit & 1% Milk Raw Vegetables w/Dip WW Crackers & 1% Milk	15 WG Cereal Fruit & 1% Milk Cheese Stick or spread Pretzels Fruit & 1% Milk	16 WG Sausage Wrapped Pancakes Fruit & 1% Milk Sliced Apple-mandarin orange salad w/cinnamon sugar WG graham crackers & 1% Milk	17 WG English Muffin w/Jam Fruit & 1% Milk Rice Cakes B-T-2 graham Crackers Fruit & Water
20 WG Breakfast Bread Fruit & 1% Milk Fruit & Cottage Cheese Water	21 WG Enriched Toast Egg Patty Fruit & 1% Milk Raw Vegetables w/Dip WW Crackers & 1% Milk	22 WF Cereal Fruit & 1% Milk WG Muffins Fruit & 1% Milk	23 Happy Thanksgiving	24 Center Closed
27 WG Waffles w/Syrup Fruit & 1% Milk WG Mini Bagels w/Cream Cheese Fruit & Water	28 WG Bun Chicken Sausage Patty Fruit & 1% Milk Fruit Soy Butter WG Crackers & 1% Milk	29 WG Raisin Bread Toast w/ Spread Cottage Cheese Fruit & 1% Milk WG Snack Mix Fruit & 1% Milk	30 Scrambled Eggs w/Salsa Multigrain Tortilla Fruit & 1% Milk WG Assorted Muffin Fruit & 1% Milk	1 WG Cereal Fruit & 1% Milk WG Graham Crackers Fruit & Water