




November 2017



Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 Dry cereal, fruit, milk Beef BBQ, corn bread with potato salad, fruit, milk Rice cakes & sunflower butter	2 Bagel, fruit, milk Hummus & pita with peeled baby carrots fruit, milk Pretzels & fruit	3 Dry cereal, fruit & milk Cheese pizza, tossed salad, fruit & milk Fruit & milk	4
Note: Water is served for afternoon snack where no other beverage is listed Milk is served with breakfast and lunch	6 Dry cereal, fruit, milk Beef chili with crackers, fruit, milk Yogurt & fruit	7 Oatmeal, fruit, milk Sliced turkey with cheese on whole wheat bread, carrots, fruit, milk Soft pretzel & fruit	8 Dry cereal, fruit, milk Cheese & spinach Quesadilla with black beans & corn, fruit, milk Whole wheat crackers & fruit	9 Bagel, fruit, milk Baked chicken with broccoli, rice, fruit, milk Fruit & cheese	10 Dry cereal, fruit, milk Sun Butter on WW with green beans, fruit, milk Fruit & milk	11
All fruit is fresh unless otherwise stated	13 Dry cereal, fruit, milk Homemade chicken noodle soup with sliced carrots, bread, fruit, milk Cheese & fruit	14 Oatmeal, fruit, milk Red beans & rice, corn, fruit, milk Goldfish crackers & fruit	15 Dry cereal, fruit, milk Meatloaf, mashed potatoes, green beans, biscuits & milk Pretzels & peeled baby carrots	16 Bagel, fruit, milk Mac & Cheese broccoli, fruit, milk Yogurt & fruit	17 Dry cereal, fruit, milk Vegetarian baked ziti w/ green salad, fruit, milk Fruit & milk	18
IC3 Breakfast: All IC3 breakfasts include a wholegrain component with less than .212g of sugar for dry cereals	20 Dry cereal, fruit, milk Baked turkey, stuffing, green beans, sweet potatoes, applesauce, milk Celery & sunflower butter	21 Bagel, fruit, milk Chicken salad sandwich on WW, mixed veggies, fruit, milk Cereal mix & fruit	22 Dry cereal, fruit, milk Cheese sub on WW roll with lettuce, tomato, fruit, milk Rice cakes & raisins	<div data-bbox="909 1323 1315 1617"> </div>		25
26	27 Dry cereal, fruit & milk Sunflower butter on whole wheat, peas, fruit & milk Soft pretzel and fruit	28 Oatmeal, fruit & milk Beef soft tacos with black beans & corn, fruit, milk Bran muffin & fruit	29 Dry cereal, fruit & milk Chicken jambalaya, fruit & milk Cheese and crackers	30 Bagel, fruit, milk Grilled cheese & tomato soup, fruit milk Fruit and milk	31 Dry cereal, fruit, milk Vegetarian chili with crackers, fruit, milk Rice cakes and Sun Butter	