

# November 2011

## WEEK 1

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
31 WW Cheese Toast Peaches Milk	1 Cheerios Pears Milk	2 French Toast Sticks Mixed Fruit Milk	3 English Muffins Jelly Applesauce Milk	4 Cream of Wheat Bananas Milk
Ham & Cheese Rollups Mixed Veggies Mandarin Oranges WW Bread Slice Milk	Cheeseburgers Bun Baked Beans French Fries Milk	HM Meatloaf Mashed Potatoes Green Beans Wheat Roll Milk	Lasagna Peas Corn Milk	HM Salmon Patties WW Macaroni with Tomatoes Carrots Peaches Milk
WW Goldfish Applesauce Water	WW Saltine Crackers Cheese Slices Water	Vanilla Wafers Bananas Water	Wheat Thins Pears Water	Graham Crackers Pineapple Water

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## WEEK 2

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
7 Biscuits Baked Apples Milk	8 Apple Cinnamon Muffins Pears Milk	9 Corn Flakes Bananas Milk	10 French Toast Sticks Peaches Milk	11 Oatmeal Mixed Fruit Milk
HM Chili Cheese, Sour Cream Carrots Mixed Fruit WW Crackers Milk	Fish Sticks Peas Pineapples Wheat Roll Milk	Tacos Lettuce, Tomatoes, Cheese Corn Flour Tortilla Milk	Chicken & Dumplings Mashed Potatoes Green Beans Wheat Roll Milk	WW Spaghetti with Meat Sauce Mixed Veggies Peaches Milk
Graham Crackers Bananas Water	Pretzels Mandarin Oranges Water	Vanilla Wafers Pears Water	Wheat Thins Pineapples Water	WW Goldfish Applesauce Water

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## WEEK 3

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
14 Corn Flakes Fresh Apples Milk	15 Pancakes Applesauce Milk	16 Cream of Wheat Pears Milk	17 English Muffins Jelly Mixed Fruit Milk	18 Oatmeal Peaches Milk
Pork Chops Carrots Lima Beans Wheat Roll Milk	HM Beef & Vegetable Soup WW Grilled Cheese Pears Milk	HM Tuna Salad Peas Mixed Fruit Milk	Chicken & Broccoli Alfredo Mixed Veggies Pears Milk	Baked Ham Green Beans Pineapples Wheat Roll Milk
Pretzels Pineapples Water	Animal Crackers Peaches Water	Graham Crackers Fresh Apples Water	WW Goldfish Sliced Apples Water	Vanilla Wafers Pears Water

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## WEEK 4

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
21 Cheerios Bananas Milk	22 Strawberry Muffins Pears Milk	23 Biscuits Baked Apples Milk	24  CLOSED HAPPY THANKSGIVING!	25  CLOSED HAPPY THANKSGIVING!
Meatballs with WW Noodles Peas Carrots Milk	Chicken Nuggets Baked Beans Pears Wheat Roll Milk	Turkey HM Stuffing Sweet Potatoes Green Beans Milk	CLOSED HAPPY THANKSGIVING!	CLOSED HAPPY THANKSGIVING!
WW Goldfish Mandarin Oranges Water	Pretzels Mixed Fruit Water	Vanilla Wafers Peaches Water	CLOSED HAPPY THANKSGIVING!	CLOSED HAPPY THANKSGIVING!

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## WEEK 5

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
28 Corn Flakes Bananas Milk	29 French Toast Sticks Mixed Fruit Milk	30 Cream of Wheat Peaches Milk		
Salisbury Steak Mashed Potatoes Pineapples Wheat Roll Milk	Pork Tenderloin Lima Bean Delight Carrots WW Roll Milk	HM Enchilada Mexican Rice Corn Mandarin Oranges Milk		
Wheat Thins Applesauce Water	Trail Mix (cherrios, goldfish, pretzles..) Raisins Water	Animal Crackers Pears Water		