

Week 1: 11/4

B: Frosted Mini-Wheat's & Fruit
L: Mac & Cheese w/Turkey, Peas & Fruit
Snacks
A.M. Animal Crackers w/Fruit
P.M. Cinnamon Biscuits w/Milk

B: Bagels w/SunButter & Fruit
L: Meatballs, Mashed Potatoes, Mixed Vegetables, Wheat bread & Fruit
Snacks
A.M. Cheese Crackers
P.M. Trail Mix & cheese cubes

B: Waffles & Fruit
L: Chicken & Dumplings, Green Beans & Fruit
Snacks
A.M. Fruit Cocktail w/Graham Crackers
P.M. Pretzel sticks & Hummus

B: Cheese Toast & Fruit
L: BBQ Casserole, wheat bread & Fruit
Snacks
A.M. Banana Pudding & Vanilla Wafers
P.M. Bananas & Crackers

B: Pancakes & Fruit
L: Fish nuggets, mix veggies, wheat bread & Fruit
Snacks
A.M. Oranges & Apple Slices
P.M. Crackers W/ Sliced Cheese & Ham

Week 2: 11/11

B: Kix & Fruit
L: Chicken Spaghetti w/whole wheat pasta, green beans & fruit
Snacks
A.M. nacho and cheese
P.M. Bagels W Cream Cheese

B: Oatmeal w/Raisins & Fruit
L: Chicken Nuggets, wheat bread Peas & Carrots & Fruit
Snacks
A.M. apples & pretzels
P.M. fruit cocktail w/ animal crackers

B: Scrambled Eggs & Whole Wheat Toast & Fruit
L: Shepherd's Pie, wheat bread & Fruit
Snacks
A.M. Bananas & crackers
P.M. Pigs in a Blanket

B: Biscuits w/Turkey & Fruit
L: Mexican Rice Casserole & Fruit
Snacks
A.M. Yogurt w/fruit
P.M. Sliced cheese & Ritz crackers

B: Waffles & Fruit
L: Pizza, Green Beans & Fruit
Snacks
A.M. applesauce w/graham crackers
P.M. Animal Crackers W/ Fruit

Fruits served are Tropical Fruit, Fruit Cocktail, Peaches, Pears, Apples, Oranges, Bananas or Pineapples

Week 3: 11/18

B: Honey Bunches of Oats & Fruit
L: Chicken Fried Rice, Corn & Carrots & Fruit
Snacks
A.M. carrots w/ranch dip
P.M. Goldfish and Blueberries

B: Waffle Sticks W/ Syrup & Fruit
L: Fish Nuggets, wheat bread, Green beans & Fruit
Snacks
A.M. Trail Mix
P.M. Tortilla Roll-up

B: Hash browns, Sausage, Toast & Fruit
L: Salisbury Steak, Mashed Potatoes
Snacks
A.M. Orange Slices & Apples
P.M. Crackers w/cheese

B: Bagels W/ Scrambled eggs & Fruit
L: Stroganoff, Peas & Fruit
Snacks
A.M. Bananas w/pretzels
P.M. Fruit Cup & Graham Crackers

B: French Toast & Fruit
L: Hamburgers, mix veggies & Fruit
Snacks
A.M. Crackers w/cheese
P.M. Yogurt with granola

Week 4: 11/25

B: Apple Cinnamon Cheerios & Fruit
L: Steak Fingers, Brown Rice, Peas & Fruit
Snacks
A.M. pigs in a blanket
P.M. Ritz crackers & Sliced Cheese

B: Pancakes & Fruit
L: Buttered Noodles, Meatballs, Carrots & Fruit
Snacks
A.M. Yogurt w/cheerios
P.M. Apples & Pretzels

B: Scrambled Eggs & Whole Wheat Toast & Fruit
L: Busy Day Hamburger Stew, Corn Bread & Fruit
Snacks
A.M. Animals Crackers W/ Fruit
P.M. Cheez Its with Bananas

B: French Toast Sticks & Fruit
L: Wheat Spaghetti w/ Meat Sauce, corn & Fruit
Snacks
A.M. Fruit cocktail w/crackers
P.M. Crackers & Ham w/sliced cheese

Closed for Thanksgiving

CFSD Closed

Milk and fruit are served with every meal and water with each snack

