

# November 2019 Menu

		<p><b>-Kids 'R' Kids of Lawler Farm does not serve red meat, pork, or peanuts.</b></p> <p><b>-Vegetarian options are available upon request.</b>  <u>Green Underlined indicates vegetarian option.</u></p>		<p><b>1</b>  <b>Breakfast:</b> Cereal, Muffins, Mixed Fruit</p> <p><b>AM Snack:</b> Grapes</p> <p><b>Lunch:</b> BBQ chicken flat bread, <u>Cheesy Flat Bread</u>, Mixed Vegetables, Applesauce</p> <p><b>PM Snack:</b> Vanilla Wafers</p>
<p><b>4</b>  <b>Breakfast:</b> Cereal, Muffins, Mixed Fruit</p> <p><b>AM Snack:</b> Grapes</p> <p><b>Lunch:</b> Chicken Alfredo, <u>Veggie Alfredo</u>, Green Beans, Oranges</p> <p><b>PM Snack:</b> Trail Mix</p>	<p><b>5</b>  <b>Breakfast:</b> Scrambled Egg Cups, Turkey Bacon, Hash Browns, Mixed Fruit</p> <p><b>AM Snack:</b> Apples</p> <p><b>Lunch:</b> Chicken Quesadilla, <u>Veggie Quesadilla</u>, Corn, Pears</p> <p><b>PM Snack:</b> Gold Fish</p>	<p><b>6</b>  <b>Breakfast:</b> French Toast Sticks, Turkey Sausage, Mixed Fruit</p> <p><b>AM Snack:</b> Oranges</p> <p><b>Lunch:</b> Baked Mac &amp; Cheese, Peas, Peaches</p> <p><b>PM Snack:</b> Cheese Stick and Crackers</p>	<p><b>7</b>  <b>Breakfast:</b> Turkey Sausage, Biscuits, Gravy, Mixed Fruit</p> <p><b>AM Snack:</b> Bananas</p> <p><b>Lunch:</b> Turkey Ham Flat Bread, <u>Cheese Flat Bread</u>, Carrots, Pineapples</p> <p><b>PM Snack:</b> Animal Crackers</p>	<p><b>8</b>  <b>Breakfast:</b> Cereal, Muffins, Mixed Fruit</p> <p><b>AM Snack:</b> Mixed Fruit</p> <p><b>Lunch:</b> Turkey Cheeseburger, <u>Veggie Burger</u>, Tater Tots, Mixed Veg, Applesauce</p> <p><b>PM Snack:</b> Vanilla Wafers</p>
<p><b>11</b>  <b>Breakfast:</b> Cereal, Muffins, Mixed Fruit</p> <p><b>AM Snack:</b> Grapes</p> <p><b>Lunch:</b> Garlic Chicken, <u>Veggie Nuggets</u>, Green Beans, Oranges</p> <p><b>PM Snack:</b> Trail Mix</p>	<p><b>12</b>  <b>Breakfast:</b> Scrambled Egg Cups, Turkey Bacon, Hash Browns, Mixed Fruit</p> <p><b>AM Snack:</b> Apples</p> <p><b>Lunch:</b> Chicken Sandwich, <u>Veggie Burger</u>, Peas, Pears</p> <p><b>PM Snack:</b> Gold Fish</p>	<p><b>13</b>  <b>Breakfast:</b> French Toast Sticks, Turkey Sausage, Mixed Fruit</p> <p><b>AM Snack:</b> Oranges</p> <p><b>Lunch:</b> Baked Ziti Pasta</p> <p><b>PM Snack:</b> Cheese Stick and Crackers</p>	<p><b>14</b>  <b>Breakfast:</b> Turkey Sausage, Biscuits, Gravy, Mixed Fruit</p> <p><b>AM Snack:</b> Bananas</p> <p><b>Lunch:</b> Teriyaki Chicken, <u>Teriyaki Veggie Nuggets</u>, Rice, Carrots, Pineapples</p> <p><b>PM Snack:</b> Animal Crackers</p>	<p><b>15</b>  <b>Breakfast:</b> Cereal, Muffins, Mixed Fruit</p> <p><b>AM Snack:</b> Mixed Fruit</p> <p><b>Lunch:</b> Grilled Turkey and Cheese Sandwich, <u>Grilled Cheese Sandwich</u>, Mixed Veg, Applesauce</p> <p><b>PM Snack:</b> Vanilla Wafers</p>
<p><b>18</b>  <b>Breakfast:</b> Cereal, Muffins, Mixed Fruit</p> <p><b>AM Snack:</b> Grapes</p> <p><b>Lunch:</b> Chicken Nuggets, <u>Veggie Nuggets</u>, Green Beans, Oranges</p> <p><b>PM Snack:</b> Trail Mix</p>	<p><b>19</b>  <b>Breakfast:</b> Scrambled Egg Cups, Turkey Bacon, Hash Browns, Mixed Fruit</p> <p><b>AM Snack:</b> Apples</p> <p><b>Lunch:</b> Taco Pasta, <u>Veggie Taco Pasta</u>, Corn</p> <p><b>PM Snack:</b> Gold Fish</p>	<p><b>20</b>  <b>Breakfast:</b> French Toast Sticks, Turkey Sausage, Mixed Fruit</p> <p><b>AM Snack:</b> Oranges</p> <p><b>Lunch:</b> Cheese Pizza, Garlic Bread, Peas, Peaches</p> <p><b>PM Snack:</b> Cheese Stick and Crackers</p>	<p><b>21</b>  <b>Breakfast:</b> Turkey Sausage, Biscuits, Gravy, Mixed Fruit</p> <p><b>AM Snack:</b> Bananas</p> <p><b>Lunch:</b> Chicken Parmesan, <u>Veggie Nugget Parmesan Pasta</u>, Carrots, Garlic Bread, Pineapples</p> <p><b>PM Snack:</b> Animal Crackers</p>	<p><b>22</b>  <b>Breakfast:</b> Cereal, Muffins, Mixed Fruit</p> <p><b>AM Snack:</b> Mixed Fruit</p> <p><b>Lunch:</b> Turkey and Cheese Wrap, <u>Cheese Wraps</u>, Mixed Veg, Applesauce</p> <p><b>PM Snack:</b> Vanilla Wafers</p>
<p><b>25</b>  <b>Breakfast:</b> Cereal, Muffins, Mixed Fruit</p> <p><b>AM Snack:</b> Grapes</p> <p><b>Lunch:</b> BBQ Meat Balls, <u>BBQ Veggie Nuggets</u>, Green Beans, Oranges</p> <p><b>PM Snack:</b> Trail Mix</p>	<p><b>26</b>  <b>Breakfast:</b> Scrambled Egg Cups, Turkey Bacon, Hash Browns, Mixed Fruit</p> <p><b>AM Snack:</b> Apples</p> <p><b>Lunch:</b> Lemon Chicken, <u>Veggie Nuggets</u>, Corn, Peaches</p> <p><b>PM Snack:</b> Goldfish</p>	<p><b>27</b>  <b>Breakfast:</b> French Toast, Turkey Sausage, Mixed Fruit</p> <p><b>AM Snack:</b> Oranges</p> <p><b>Lunch:</b> Turkey, <u>Veggie Nuggets</u>, Green Bean Casserole, Potatoes, Stuffing, Apples, Rolls</p> <p><b>PM Snack:</b> Cheese Stick and Crackers</p>	<p><b>28</b>  <b>Closed for Thanksgiving</b></p> 	<p><b>29</b>  <b>Closed for Thanksgiving</b></p> 