

# Kids'R'Kids of West Allen November 2019 Menu

<p>4</p> <p><b>Breakfast:</b> Oatmeal, Turkey Bacon, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Applesauce, Vanilla Wafers, and Water <b>Lunch:</b> Meatballs, Vegetables, Fruit, and Milk <b>PM Snack:</b> American Cheese, Crackers, Water</p>	<p>5</p> <p><b>Breakfast:</b> Bagels, Turkey Sausage, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Chicken Nuggets, Peas, Fruit, and Milk <b>PM Snack:</b> Gardetto Mix, Apple Juice, Water</p>	<p>6</p> <p><b>Breakfast:</b> Pancakes, Yogurt, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit and crackers, and Water <b>Lunch:</b> Chicken Mac N Cheese, Mixed Vegetables, Fruit, Milk <b>PM Snack:</b> Grapes &amp; Graham Crackers or Nutrigrain Bar &amp; Cheese, Water</p>	<p>7</p> <p><b>Breakfast:</b> Eggs, Tortillas, Cheese, Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Hamburgers, Vegetables, Fruit, Milk <b>PM Snack:</b> Pretzels, String Cheese, Water</p>	<p>8</p> <p><b>Breakfast:</b> Cereal, Yogurt, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Turkey and Cheese Sandwiches, Salad, Fruit, and Milk <b>PM Snack:</b> Granola Chewy Chocolate Chip Bars and Milk</p>
<p>11</p> <p><b>Breakfast:</b> Oatmeal, Turkey Bacon, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Applesauce, Vanilla Wafers, and Water <b>Lunch:</b> Tortellini with Meat Sauce, Vegetables, Fruit, and Milk <b>PM Snack:</b> American Cheese, Crackers, Water</p>	<p>12</p> <p><b>Breakfast:</b> Mini Bagels, Turkey Sausage, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Cereal, Fruit, and Water <b>Lunch:</b> Chicken Nuggets, Green Beans, Fruit, and Milk <b>PM Snack:</b> Gardetto Mix, Apple Juice, Water</p>	<p>13</p> <p><b>Breakfast:</b> Pancakes, Yogurt, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Pasta with Meat Sauce, Vegetables, Fruit, Milk <b>PM Snack:</b> Grapes &amp; Graham Crackers or Nutrigrain Bar &amp; Cheese, Water</p>	<p>14</p> <p><b>Breakfast:</b> Eggs, Tortillas, Cheese, Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Taquitos, Vegetables, Fruit, and Milk <b>PM Snack:</b> Pretzels, String Cheese, Water</p>	<p>15</p> <p><b>Breakfast:</b> Cereal, Yogurt, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Fish Sticks, Salad, Fruit, and Milk <b>PM Snack:</b> Granola Chewy Chocolate Chip Bars and Milk</p>
<p>18</p> <p><b>Breakfast:</b> Eggs, Tortillas, Cheese, Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Turkey Links, Vegetables, Fruit, Milk <b>PM Snack:</b> American Cheese, Crackers, Water</p>	<p>19</p> <p><b>Breakfast:</b> Mini Bagels, Turkey Sausage, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Cereal, Fruit, and Water <b>Lunch:</b> Chicken Nuggets, Normandy Vegetables, Fruit, and Milk <b>PM Snack:</b> Gardetto Mix, Apple Juice, Water</p>	<p>20</p> <p><b>Breakfast:</b> Pancakes, Yogurt, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Pizza, Peas, Fruit, and Milk <b>PM Snack:</b> Grapes &amp; Graham Crackers or Nutrigrain Bar &amp; Cheese, Water</p>	<p>21</p> <p><b>Breakfast:</b> Eggs, Tortillas, Cheese, Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Chicken and Rice, Vegetables, Fruit, Milk <b>PM Snack:</b> Pretzels, String Cheese, Water</p>	<p>22</p> <p><b>Breakfast:</b> Cereal, Yogurt, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Sausage and Beans, Salad, Fruit, and Milk <b>PM Snack:</b> Granola Chewy Chocolate Chip Bars and Milk</p>
<p>25</p> <p><b>Breakfast:</b> Oatmeal, Turkey Bacon, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Applesauce, Vanilla Wafers, and Water <b>Lunch:</b> Alfredo Pasta, Vegetables, Fruit, Milk <b>PM Snack:</b> American Cheese, Crackers, Water</p>	<p>26</p> <p><b>Breakfast:</b> Mini Bagels, Turkey Sausage, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Cereal, Fruit, and Water <b>Lunch:</b> Chicken Nuggets, Normandy Vegetables, Fruit, and Milk <b>PM Snack:</b> Gardetto Mix, Apple Juice, Water</p>	<p>27</p> <p><b>Breakfast:</b> Pancakes, Yogurt, Fresh Fruit, Orange Juice, Milk <b>AM Snack:</b> Fruit, Crackers, and Water <b>Lunch:</b> Salisbury Steak, Peas, Fruit, and Milk <b>PM Snack:</b> Grapes &amp; Graham Crackers or Nutrigrain Bar &amp; Cheese, Water</p>	<p>28</p> <p>29</p> <div data-bbox="1039 1344 1461 1617" data-label="Image"> <p>Happy Thanksgiving!</p> </div>	