



NOVEMBER



Meals are subject to change. An alternate snack is served when selected snack is inappropriate for children under age 3.

EmBe Education strives to be peanut free. 100% Fruit Juice and/or water is served with snacks. Water is available in classrooms and with all meals. Whole grain items are identified as WG.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sausage Biscuits Juice Milk WG Breaded Chicken WG Bun Corn Pineapple Milk Pretzels w/Cheese & Fresh Fruit	4 Egg & Cheese Tortilla Juice Milk Hot Beef Sandwich WG Dinner Roll Mashed Potatoes Pears Milk WG Cheez-Its & String Cheese	5 Egg & Breakfast Potatoes Juice Milk Pizza Carrots Apple Slices Milk Banana Boats and WG Grahams	6 Breakfast Sticks Banana Milk Popcorn Chicken WG Dinner Roll Mashed Potatoes w/ Gravy Peaches Milk String Cheese and Meat sticks	7 Egg and Cheese Bagel Banana Milk Pizza Crunchers Peas Pineapple Milk Chips, Salsa, Cheese Sauce and Juice
10 Waffles Strawberries Milk Cheeseburgers WG Bun Cold Carrots Peaches Milk WG Elf Grahams & Yogurt	11 Bagel & Cream Cheese Fresh Fruit Milk Chicken Drumsticks WG Dinner Roll Baked Beans Pears Milk Chex Mix & Juice	12 EmBe Fruit Roll up Banana Milk Mac & Cheese WG Dinner Roll Green Beans Mangoes Milk WG Goldfish & String Cheese	13 Breakfast Pizza Juice Milk WG Chicken Nuggets WG Dinner Roll Green Beans M. Oranges Milk Cream Cheese and Grahams w/ side of Fresh Fruit	14 Sausage Links & Egg Bites Juice Milk Hot Turkey and Gravy WG Dinner Roll Mashed Potatoes Peaches Milk WG Goldfish & Apple Slices
17 Mini Cinnamon Rolls Juice Milk Grilled Nuggets WG Dinner Roll Carrots Applesauce Milk Meat, Cheese Slices, and WG Crackers	18 French Toast and Sausage Links Juice Milk Pizza Sticks Marinara Broccoli Mangoes Milk Strawberry Bar and Banana	19 Hashbrowns & Eggs Juice Milk Grilled Cheese Tomato Soup Pears Milk Belvita & Fresh Fruit	20 Breakfast Potatoes and Sausage Links Juice Milk Beef Taco Lettuce/Cheese M. Oranges Milk Baked Chips and Chip Dip with Juice	21 Breakfast Stick Banana Milk EmBe Famous Bowl WG Dinner Roll Mashed Potatoes w/ Gravy Pears Milk Pudding & Banana
24 Egg Bake Juice Milk Smile Waffle Sausage Links Tri Tater Mandarin Oranges Milk Veggie Wheat Thins and Fresh Fruit	25 Waffles & Sausage Juice Milk Chicken Alfredo WG Dinner Roll Cold Carrots Pineapple Milk Crackers w/ Cheese & Apple Slices	26 Banana Bread Fresh Fruit Milk Sloppy Joes WG Bun Corn Peaches Milk Banana Boat and WG Elf Grahams	27 Closed for Holiday	28 Closed for Holiday