

EmBe EDUCATION

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
2 Yogurt Fresh Fruit Milk Biscuits & Gravy Tri Tater Strawberries Milk Turkey Bites, Cubed Cheese, & Crackers	**3** Waffles Strawberries Milk Creamy Chicken Tortellini WG Dinner Roll Veggie Blend Pineapple Milk Wow Butter Sandwich & Juice	**4** Breakfast Pizza Juice Milk Grilled Cheese Tomato Soup Fresh Fruit Milk WG Cheez-Its & Applesauce	**5** Egg & Cheese on a BIscuit Banana Milk Beef Taco WG Tortilla Lettuce & Cheese Peaches Milk Veggie Thins & Juice	**6** Bagels Cream Cheese Fresh Fruit Milk Honey Garlic Chicken Rice Bowls Peas Mangos Milk Cinnamon Goldfish & Milk
9 Pancakes Strawberries Milk Pizza Hotdish WG Dinner Roll Salad Peaches Milk WG Goldfish & Fresh Fruit	**10** Sausage Links Cornbread Milk Pulled Pork WG Bun Pickles Mangos Milk Cheese Cubes & Sun Chips	**11** Yogurt with Berries & Granola Milk Mac & Cheese WG Dinner Roll Peas/Snap Peas Apples Milk Carrot Sticks, Ranch, & Cheese Sticks **No Sioux Falls**	**12** Sausage Biscuits Banana Milk Hotdogs WG Bun Baked Beans Fresh Fruit Milk Meat Sticks & Crackers	**13** Egg Bites Breakfast Potatoes Milk Chicken Drummies WG Dinner Roll Sweet Potato Fries Dragon Fruit Milk Chips & String Cheese
16 Yogurt with Berries & Granola Milk Burgers WG Bun Fries Dragon Fruit Milk WG Cheez-Its & Fruit Salad	**17** Egg Bites Mangos Milk WG Turkey Sandwich Cold Carrots Mixed Fruit Milk Pretzels & Cheese Juice	**18** Cheesy Ham & Potatoes Bake Banana/Apple Milk Spinach Artichoke Chicken Flatbread Asparagus Pineapple Milk Chex Mix & Apple Slices	**19** Egg and Cheese Bagel Milk Popcorn Chicken with Sweet and Sour Rice WG Dinner Roll Carrots/Peas Mangos Milk EmBe Lunchables	**20** Biscuits and Gravy Banana Milk Shredded Beef WG Tortilla Corn and Bean Blend Peaches Milk Meat Sticks, Bell Peppers and Cream Cheese
23 Yogurt Berries Milk Sloppy Joes WG Bun Corn Ribs Pineapple Milk Wow Butter Sandwich & Watermelon	**24** Sausage WG Biscuits Banana Milk Pizza Broccoli Mandarin Oranges Milk Sweet Potato Crackers & Milk	**25** WG Muffin Juice Milk Chicken Nuggets WG Dinner Roll Green Beans Mangos Milk String Cheese, Meat Stick, Cheez-Its **No Harrisburg, No Sioux Falls**	**26** **Closed for Holiday** **No Harrisburg, No Sioux Falls**	**27** **Closed for Holiday** **No Harrisburg, No Sioux Falls**
30 Ham, Egg, and Cheese Bagel Juice Milk Teriyaki Beef Noodles Stir-Fry WG Dinner Roll Mixed Veggies Mixed Fruits Milk Yogurt, Granola & Banana				