



30

***Parents-Check out our Health and Nutrition Bulletin Board at each site-It has great free resources and handouts!**

31

01

B: **APPLE** bake biscuits, Milk
L: Zucchini Lasagne, Salad, Peaches and Milk
S: Ranch Snack Mix

02

B: Oatmeal, Cantaloupe, Milk
L: Bean and Ham Soup, **Apples**, Milk
S: Bagel with Cream Cheese, Milk

06

B: Pumpkin/Choc chip muffins, Milk
L: **Egg and Veggie Stir Fry, Rice**, Mandarin Oranges, Milk
S: Dried Fruit Cups, Milk

07

B: Cream of Wheat, Oranges, Milk
L: Tuna Casserole w/peas, Pears, Milk
S: Peanut butter pretzels, Milk

08

B: Yogurt Parfait with peaches, Milk
L: Chicken Taco Salad, Pineapple, Milk
S: Cheese cubes, crackers and Milk

09

B: Cheerios, Oranges, Milk
L: WW English muffin cheese Pizza, carrot sticks, **APPLES**, Milk
S: **Red Apple sauce**, graham crackers, Milk

13

B: Mini Waffles with mixed berries, Milk
L: Spaghetti with hot dogs, Salad, Pears, Milk
S: Mixed fruit smoothie, Animal crackers, Milk

14

B: Oatmeal, Banana's, Milk
L: Creamy Chicken Bake, Broccoli, Melon, Milk
S: Red/Yellow/Green pepper slices with, Ranch Dip, Milk

15

B: Cinnamon Bread with **Apple Sauce**, Milk
L: **Potstickers** with Cheese in alfredo Sauce, green beans, Peaches, Milk
S: Peanut Butter Oat Balls, Milk

16

B: Cottage Cheese, Peaches, Milk
L: Split pea with Ham, **APPLE slices**, crackers, Milk
S: Trail Mix

20

B: Cream of wheat, Banana, Milk
L: **Cold** cheese sandwiches, Tomato soup, oranges, milk
S: Frozen **apple sauce** bites, pretzels, Milk

21

B: French Toast bake, Mixed berries, Milk
L: **Stir fried rice with Egg/celery/carrots/broccoli, Sweet and Sour chicken**, Milk
S: Crackers, cheese stick, Milk

22 NO School

HOM: APPLES!



23 NO School

THANKSGIVING

27

B: Oatmeal, Peaches, Milk
L: Tuna melts, Broccoli, oranges, Milk
S: Cucumbers, creamy dip, Milk

28

B: Cinnamon bread, **Apple**, Milk
L: Chicken Enchilada, green beans, Pears, Milk
S: Frozen Banana Pops, Milk, graham crackers

29

B: Cottage cheese, blue berries, Milk
L: BBQ pork, coleslaw, Pineapple, Milk
S: Cheerio bars, Milk

30

B: Kix cereal, Banana, Milk
L: French onion soup, Roast beef sandwiches, Carrot sticks, **Apple Slices**
S: Pumpkin choc chip muffins, Milk