



# Sweet Beginnings Early Learning Center

## November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>BREAKFAST:</b> Pancakes, applesauce, milk <b>LUNCH:</b> Chili w/beef, peas, saltine crackers, watermelon, milk <b>SNACK:</b> Cinnamon crescent twists & milk	2 <b>BREAKFAST:</b> Toast w/jelly, cantaloupe, milk <b>LUNCH:</b> Turkey roll-up, carrots, kiwi, milk <b>SNACK:</b> Roasted chick peas & cucumbers	3 <b>BREAKFAST:</b> Oatmeal, peaches, milk <b>LUNCH:</b> Ham Pizza, corn, kiwi, milk <b>SNACK:</b> Chex-mix & milk	4 <b>BREAKFAST:</b> Bagels w/cream cheese, pineapple, milk <b>LUNCH:</b> Shepherd's Pie w/ beef, mixed veggies, bread, oranges, milk <b>SNACK:</b> Cheese & crackers
7 <b>BREAKFAST:</b> Rice Krispies, bananas, milk <b>LUNCH:</b> Mac & cheese w/spinach and ham, green beans, applesauce, milk <b>SNACK:</b> Pretzels & cottage cheese	8 <b>BREAKFAST:</b> Waffles, plums, milk <b>LUNCH:</b> Vegetable soup w/ beef, grapes, saltine crackers, milk <b>SNACK:</b> Cheese sandwich & milk	9 <b>BREAKFAST:</b> Cinnamon roll, pineapple, milk <b>LUNCH:</b> Lemon Pepper Fish, peas, cantaloupe, breadstick, milk <b>SNACK:</b> Hummus & carrots	10 <b>BREAKFAST:</b> Biscuits & gravy, pears, milk <b>LUNCH:</b> Chicken Alfredo, broccoli, grapes, milk <b>SNACK:</b> Goldfish & milk	11 <b>BREAKFAST:</b> English muffins, blueberries, milk <b>LUNCH:</b> Soft taco w/ beef, lettuce, tomatoes, mixed fruit, milk <b>SNACK:</b> Cheese & crackers
14 <b>BREAKFAST:</b> Cheerios, bananas, milk <b>LUNCH:</b> Meatloaf, corn, apples, saltine crackers, milk <b>SNACK:</b> Goldfish & yogurt	15 <b>BREAKFAST:</b> Oatmeal, blueberries, milk <b>LUNCH:</b> Broccoli & cheese soup, ham roll-up, plums, milk <b>SNACK:</b> Chex-mix & milk	16 <b>BREAKFAST:</b> Cinnamon toast, pears, milk <b>LUNCH:</b> Spaghetti w/beef, salad, nectarines, milk <b>SNACK:</b> Roasted chick peas & cucumbers	17 <b>BREAKFAST:</b> Pancakes, grapes, milk <b>LUNCH:</b> BBQ chicken, breadstick, peas, cantaloupe, milk <b>SNACK:</b> Graham crackers & milk	18 <b>BREAKFAST:</b> Bagels w/cream cheese, oranges, milk <b>LUNCH:</b> Turkey, mashed potatoes, green beans, roll, milk <b>SNACK:</b> Pumpkin Pie & milk
21 <b>BREAKFAST:</b> Corn Flakes, bananas, milk <b>LUNCH:</b> Sloppy Joes w/bun, green beans, pineapple, milk <b>SNACK:</b> String cheese & Ritz crackers	22 <b>BREAKFAST:</b> Sausage biscuit, pears, milk <b>LUNCH:</b> Chicken noodle soup w/mixed veggies, grapes, milk <b>SNACK:</b> Apple Pie Bites & milk	<b>Teacher In-service</b>	 <b>Happy Thanksgiving</b>	<b>NO SCHOOL</b>
28 <b>BREAKFAST:</b> Bran Flakes, bananas, milk <b>LUNCH:</b> Bean & cheese Burrito, corn, mango, milk <b>SNACK:</b> Pretzels & cottage cheese	29 <b>BREAKFAST:</b> Oatmeal, blueberries, milk <b>LUNCH:</b> Ham & beans, cornbread, peas, applesauce, milk <b>SNACK:</b> Carrot cake muffins & milk	30 <b>BREAKFAST:</b> Toast w/jelly, cantaloupe, milk <b>LUNCH:</b> Cheeseburger slider, green beans, oranges, milk <b>SNACK:</b> Hummus & cucumbers		