

November 2018



					<p><u>1</u> Breakfast Oatmeal w/ Raisins & Craisins</p> <p><u>Lunch</u> BBQ Chicken Whole Wheat Roll Broccoli Apple Slices</p> <p><u>Snack</u> Ants on a Log (Bananas, Soy Butter & Raisins)</p>	<p><u>2</u> Breakfast Cornbread Sliced Peaches</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><u>Snack</u> Snack Mix Apple Cider</p>
					<p><u>5</u> Breakfast Cheerios Pear Halves</p> <p><u>Lunch</u> Chicken Taco w/ Lettuce & Cheese on a Whole Wheat Wrap Corn Pineapple Chunks</p> <p><u>Snack</u> Apple Slices Pretzels</p>	<p><u>6</u> Breakfast Homemade French Toast Peaches</p> <p><u>Lunch</u> Soy Butter & Jelly on Wheat Bread Mixed Vegetables Fruit Cocktail</p> <p><u>Snack</u> Whole Wheat Pita Orange</p>
<p><u>12</u> Breakfast Corn Chex Pineapple Tidbits</p> <p><u>Lunch</u> Meatball Sub on a Whole Wheat Roll Carrots Fruit Cocktail</p> <p><u>Snack</u> Soynut Butter Dip Apple Slices</p>	<p><u>13</u> Breakfast Wheat Toast Bananas</p> <p><u>Lunch</u> Chicken w/ Brown Rice Mixed Veggies Applesauce</p> <p><u>Snack</u> Goldfish Crackers Grape Halves</p>	<p><u>14</u> Breakfast Mini-Quiche Apricot Halves</p> <p><u>Lunch</u> Baked Beans w/Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><u>Snack</u> Wheat Crackers Apple Slices</p>	<p><u>15</u> Breakfast Whole Wheat Pancakes Banana</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p><u>Snack</u> Bread Sticks Marinara Dipping Sauce</p>	<p><u>16</u> Breakfast Whole Wheat English Muffin Apple</p> <p><u>Lunch</u> Ham and Cheese Green Beans Tropical Fruit</p> <p><u>Snack</u> Cheddar Cheese Wheat Crackers</p>		

Cranberry-Sauce Muffins




- 2 cups all-purpose flour
- 1/2 cup packed brown sugar
- 1/4 cup white sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

- 1/2 teaspoon ground cardamom
- 1 cup cranberry sauce
- 3/4 cup milk
- 1/4 cup vegetable oil
- 1 egg, slightly beaten
- 1 teaspoon vanilla extract

1. Preheat oven to 400 degrees F (200 degrees C). Grease 18 muffin cups or line with paper muffin liners.
2. Whisk flour, brown sugar, white sugar, baking powder, salt, cinnamon, and cardamom together in a bowl. Beat cranberry sauce, milk, oil, egg, and vanilla extract together in a separate bowl. Stir flour mixture into cranberry sauce mixture until batter is just-moistened; pour into prepared muffin cups.
3. Bake in the preheated oven until golden brown, about 20 minutes.

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A Thanksgiving Fruit Platter children can help make!

<p>19 Breakfast Corn Flakes Tangerine</p> <p>Lunch Ravioli & Meat Sauce Carrots Diced Pears</p> <p>Snack Whole Wheat Banana Bread Milk</p>	<p>20 Breakfast Whole Wheat Cinnamon Muffin Fruit Cocktail</p> <p>Lunch Chicken with Veggies and Pasta Diced Peaches</p> <p>Snack Soft Pretzel Cheddar Cheese</p>	<p>21 Breakfast Hot Biscuit Diced Pears</p> <p>Lunch Turkey & Gravy w/ Mashed Potatoes Whole Wheat Roll Pineapple Tidbits</p> <p>Snack Vanilla Yogurt Graham Crackers</p>	<p>22</p> <p>Happy Thanksgiving!</p> <p>CENTER CLOSED</p> 	<p>23</p> <p>CENTER CLOSED</p>
<p>26 Breakfast Rice Krispies Pineapple</p> <p>Lunch Sloppy Joe Whole Wheat Roll Hash Brown Potatoes Apple Slices</p> <p>Snack Ritz Crackers String Cheese</p>	<p>27 Breakfast Whole Wheat English Muffin Oranges</p> <p>Lunch Chicken w/ Brown Rice Peas and Carrots Cantaloupe</p> <p>Snack Animal Crackers Pears</p>	<p>28 Breakfast Whole Wheat Pancakes Banana</p> <p>Lunch Turkey on Wheat Bread w/ Lettuce & Cheese Fruit Cocktail</p> <p>Snack Cheese-its Apple Slices</p>	<p>29 Breakfast Waffles Apple Slices</p> <p>Lunch BBQ Chicken Whole Wheat Roll Broccoli Honeydew Melon</p> <p>Snack Ants on a Log (Bananas, Soy Butter & Raisins)</p>	<p>30 Breakfast Cornbread Sliced Peaches</p> <p>Lunch Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p>Snack Snack Mix Apple Cider</p>



Happy Thanksgiving



Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change

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