

# November 2018



**Care a lot**  
CHILD CARE  
"Caring is at the heart of what we do!"



			<p><b><u>1</u></b> <b>Breakfast</b> Whole Wheat Bagel Oranges</p> <p><b><u>Lunch</u></b> Cheese Pizza on Wheat Crust Garden Salad Fresh Fruit</p> <p><b><u>Snack</u></b> Goldfish Crackers Melon</p>	<p><b><u>2</u></b> <b>Breakfast</b> Rainbow Toasted O's Banana</p> <p><b><u>Lunch</u></b> Oven-baked Chicken Sliders Carrot Sticks Fresh Fruit</p> <p><b><u>Snack</u></b> Whole Grain Animal Crackers 100% Grape Juice</p>
<p><b><u>5</u></b> <b>Breakfast</b> Corn Flakes Banana</p> <p><b><u>Lunch</u></b> Swedish Meatballs Whole Wheat Roll Carrots Fresh Fruit</p> <p><b><u>Snack</u></b> Pretzel Twists 100% Apple Juice</p>	<p><b><u>6</u></b> <b>Breakfast</b> Whole Grain Waffle Strawberries</p> <p><b><u>Lunch</u></b> Chicken &amp; Biscuits w/ Mixed Veggies Fresh Fruit</p> <p><b><u>Snack</u></b> Whole Wheat Cinnamon Grahams Cantaloupe</p>	<p><b><u>7</u></b> <b>Breakfast</b> Oatmeal w/ Raisins</p> <p><b><u>Lunch</u></b> Baked Beans w/Hot Dogs Whole Wheat Rolls Fresh Fruit</p> <p><b><u>Snack</u></b> Whole Wheat Pita Bread Hummus</p>	<p><b><u>8</u></b> <b>Breakfast</b> Whole Wheat English Muffin Apple Wedges</p> <p><b><u>Lunch</u></b> Homemade Cauliflower Macaroni &amp; Cheese Whole Wheat Roll Fresh Fruit</p> <p><b><u>Snack</u></b> Apple Sauce Graham Crackers</p>	<p><b><u>9</u></b> <b>Breakfast</b> Whole Wheat Toast Banana</p> <p><b><u>Lunch</u></b> Chili Con Carne w/ Corn Whole Wheat Roll Fresh Fruit</p> <p><b><u>Snack</u></b> Ritz Crackers String Cheese</p>
<p><b><u>12</u></b> <b>Breakfast</b> Rice Krispies Orange Wedges</p> <p><b><u>Lunch</u></b> Whole Wheat Pasta w/ Meat Sauce Fresh Fruit</p> <p><b><u>Snack</u></b> Whole Wheat Cinnamon Grahams Raisins</p>	<p><b><u>13</u></b> <b>Breakfast</b> Multi-Grain Pancakes Banana</p> <p><b><u>Lunch</u></b> Taco Tuesday! Soft Chicken Taco w/ Lettuce &amp; Cheese Fresh Fruit</p> <p><b><u>Snack</u></b> Apple Wedges Soynut Butter</p>	<p><b><u>14</u></b> <b>Breakfast</b> Hot Biscuit Peaches</p> <p><b><u>Lunch</u></b> Oven Roasted Turkey &amp; Potatoes w/ Gravy Whole Wheat Roll Fresh Fruit</p> <p><b><u>Snack</u></b> Animal Crackers Melon</p>	<p><b><u>15</u></b> <b>Breakfast</b> Non-Fat Yogurt Banana</p> <p><b><u>Lunch</u></b> BBQ Chicken Whole Wheat Bread Green Beans Fresh Fruit</p> <p><b><u>Snack</u></b> Wheat Crackers Carrot Sticks</p>	<p><b><u>16</u></b> <b>Breakfast</b> Breakfast Pizza on Whole Wheat Crust Oranges</p> <p><b><u>Lunch</u></b> Sloppy Joes Whole Wheat Hash Browns Fresh Fruit</p> <p><b><u>Snack</u></b> Pretzel Bites 100% Apple Juice</p>

## Five Little Turkeys

Five little turkeys standing at the door,  
One waddled off, and then there were four.


Four little turkeys sitting near a tree,  
One waddled off, and then there were three.

Three little turkeys with nothing to do,  
One waddled off, and then there were two.

Two little turkeys in the morning sun,  
One waddled off, and then there was one.

One little turkey better run away,  
For soon it will be Thanksgiving Day!

# November 2018

<p><b><u>19</u></b> <b><u>Breakfast</u></b> Cheerios Banana</p> <p><b><u>Lunch</u></b> Soynut Butter &amp; Jelly on Whole Wheat Bread Cauliflower Fresh Fruit</p> <p><b><u>Snack</u></b> Pears String Cheese</p>	<p><b><u>20</u></b> <b><u>Breakfast</u></b> Whole Wheat French Toast Sticks Peaches</p> <p><b><u>Lunch</u></b> Chicken &amp; Rice w/ Peas &amp; Carrots Fresh Fruit</p> <p><b><u>Snack</u></b> Apple Slices Ritz Crackers</p>	<p><b><u>21</u></b> <b><u>Breakfast</u></b> Whole Wheat Breakfast Bar Fruit Cup</p> <p><b><u>Lunch</u></b> White Pizza w/ Diced Chicken on Whole Wheat Crust Garden Salad Fresh Fruit</p> <p><b><u>Snack</u></b> Pretzel Twists 100% Grape Juice</p>	 <p><b>Center Closed</b></p>	<p><b>Center Closed</b></p>
<p><b><u>26</u></b> <b><u>Breakfast</u></b> Corn Flakes Banana</p> <p><b><u>Lunch</u></b> Meatball in White Sauce w/ Sweet Peas Whole Wheat Roll Fresh Fruit</p> <p><b><u>Snack</u></b> Soynut Butter Dip Apple Slices</p>	<p><b><u>27</u></b> <b><u>Breakfast</u></b> Whole Grain Waffle Strawberries</p> <p><b><u>Lunch</u></b> Taco Tuesday! Soft Chicken Taco w/ Lettuce &amp; Cheese Fresh Fruit</p> <p><b><u>Snack</u></b> Cheez-Its Grape Halves</p>	<p><b><u>28</u></b> <b><u>Breakfast</u></b> English Muffin Oranges</p> <p><b><u>Lunch</u></b> Brunch: Scrambled Eggs Turkey Sausage Wheat Roll Fresh Fruit</p> <p><b><u>Snack</u></b> Whole Wheat Cinnamon Elf Grahams 100% Apple Juice</p>	<p><b><u>29</u></b> <b><u>Breakfast</u></b> Non-fat Yogurt Banana</p> <p><b><u>Lunch</u></b> Hamburger Sliders Sweet Potato Fries Fresh Fruit</p> <p><b><u>Snack</u></b> Whole Wheat Pita Bread Hummus</p>	<p><b><u>30</u></b> <b><u>Breakfast</u></b> Whole Wheat Breakfast Wrap Apple</p> <p><b><u>Lunch</u></b> Chicken Nuggets Green Beans Wheat Roll Fresh Fruit</p> <p><b><u>Snack</u></b> Cheddar Cheese Wheat Crackers</p>

## Candy Pretzel Turkey Bites



These Candy Pretzel Turkey Bites are tasty and adorable. The perfect dessert idea for your Thanksgiving party or celebration!

### Ingredients

- 12 Pretzel Twists
- 36 Pieces of Candy Corn
- 12 Rolos
- 12 Reese's Pieces
- 24 Candy Eyeballs

### Instructions

- Preheat oven to 300. Line a baking pan with parchment paper or Silpat baking mat.
- Place pretzels with the salted side down with the double rounded end pointed toward you.
- Unwrap Rolo candies and place them in the center towards the top of the pretzel.
- Place them in the oven until the chocolate softens, about 1 minute.
- Beginning decorating by placing the candy eyeballs towards the middle, slightly towards the top, of the Rolos candy. Take a Reese's Pieces and turn it sideways and insert it below the eyes. Finally take three pieces of candy corn and insert them along the top of the Rolos for the feathers.
- Place them in the freezer to solidify. Store in an airtight container. Enjoy!

### Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 3 and up

*In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs).*