



# November 2009



Mon	Tue	Wed	Thu	Fri
<p>2 <i>Cereal, Fruit</i></p> <p><i>Fish Sticks, Tator Tots, Corn, Fruit</i></p>	<p>3 <i>Oatmeal, Fruit</i></p> <p><i>Ham &amp; Cheese Sandwich, Mix Veggies, Fruit</i></p>	<p>4 <i>French Toast, Juice</i></p> <p><i>Roast Chicken, Rice, Peas, Fruit</i></p>	<p>5 <i>Banana Muffin, Fruit</i></p> <p><i>Meatball Subs, Carrots, Fruit</i></p>	<p>6 <i>Cereal, Fruit</i></p> <p><i>Goulash, Peas, Fruit</i></p>
<p>9 <i>Corn Muffin, Juice</i></p> <p><i>Grilled Cheese, Tomato Soup, Fruit</i></p>	<p>10 <i>Cereal, Juice</i></p> <p><i>Pierogies, Corn, Fruit</i></p>	<p>11 <i>Bagels w/ Crm. Chs., Juice</i></p> <p><i>Turkey Sausage, Pancakes, Carrots, Applesauce</i></p>	<p>12 <i>Cereal, Fruit</i></p> <p><i>Whole Wheat Pasta, Meat Sauce, Green Beans, Fruit</i></p>	<p>13 <i>Cereal, Fruit</i></p> <p><i>Chicken/Brocc/Rice Casserole, Fruit</i></p>
<p>16 <i>Oatmeal, Fruit</i></p> <p><i>Mac &amp; Cheese, Peas, Fruit</i></p>	<p>17 <i>French Toast, Juice</i></p> <p><i>Meatloaf, Mashed Potato, Corn, Fruit</i></p>	<p>18 <i>Cereal, Fruit</i></p> <p><i>Chicken Nuggets, Noodles, Carrots, Fruit</i></p>	<p>19 <i>Applesauce Muffin, Fruit</i></p> <p><i>Turkey Tacos, Corn Chips, Beans, Fruit</i></p>	<p>20 <i>Cereal, Fruit</i></p> <p><i>Chicken Stir Fry, Rice, Fruit</i></p>
<p>23 <i>Scrambled Eggs, Fruit</i></p> <p><i>Hamburger, Baked Sweet Potato Fries, Fruit</i></p>	<p>24 <i>Cereal, Fruit</i></p> <p><b><i>Harvest Feast-Turkey, Mashed Potato, Corn, Cranberries</i></b></p>	<p>25 <i>Bagels w/ Crm. Chs., Fruit</i></p> <p><i>Pizza, Salad, Fruit</i></p>	<p>26 <b><i>CPS CLOSED</i></b></p> <p><b><i>Happy Thanksgiving!</i></b></p>	<p>27 <b><i>CPS CLOSED</i></b></p>
<p>30 <i>Cereal, Fruit</i></p> <p><i>Creamed Chicken, Brown Rice, Peas, Fruit</i></p>				

Whole milk is served to children under 2 yrs, 1% milk is served to children 2 yrs and older. A variety of cold cereal served. Lunch is served with whole wheat bread when bread is not in the menu, and raw veggies. A variety of fruits are served. A variety of 100% juices are served.