

John Kenney Child Care Center - Lunch

November

Child's Name: _____

Allergies: _____

Classroom: _____

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				French Toast Sticks Beef Sausage Links-2 oz. Celery Sticks w/ Dip-1/2 c. Fresh Banana-1 1% White Milk-6 oz.	French Toast Sticks Tater Tots-1/2 c. Celery Sticks w/ Dip-1/2 c. Fresh Banana-1 1% White Milk-6 oz.	Grilled Teriyaki Chicken Bites-3.5 oz. Green Beans-1/2 c Diced Peach Cup-1/2 c. Rice - 1/2 c. 1% White Milk-6 oz.	Veggie Nuggets-3 oz. Green Beans-1/2 c Diced Peach Cup-1/2 c. Rice - 1/2 c. 1% White Milk-6 oz.	3x5 Cheese Pizza-1 Salad w/ Dressing-1 c. Applesauce Cup-1/2 c. Mozzarella Cheese Sticks-1 1% White Milk-6 oz.	Pasta w/ sauce Romaine Salad w/ Dressing-1 c. Applesauce Cup-1/2 c. Mozzarella Cheese Sticks-1 1% White Milk-6 oz.
6		7		8		9		10	
Chicken Fingers-3.3 oz. Corn-1/2 c. Fresh Apple-1 Rice - 1/2 c. 1% White Milk-6 oz.	Veggie Nuggets-3 oz. Corn-1/2 c. Fresh Apple-1 Rice - 1/2 c. 1% White Milk-6 oz.	Cheese Lasagna with Meat Sauce-5 oz. Green Peas-1/2 c. Italian Bread Fresh Orange-1 1% White Milk-6 oz.	Cheese Lasagna with Spaghetti Sauce-5 oz. Green Peas-1/2 c. Italian Bread Fresh Orange-1 1% White Milk-6 oz.	Sliced Turkey Breast on a Potato Bun-1 Baby Carrots w/ Dip-1/2 c. Applesauce Cup-1/2 c. 1% White Milk-6 oz.	American Cheese on a Potato Bun-1 Baby Carrots w/ Dip-1/2 c. Applesauce Cup-1/2 c. 1% White Milk-6 oz.	Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	Veggie Meatballs w/ Gravy-3 oz. Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	3x5 Cheese Pizza-1 Salad w/ Dressing-1 c. Strawberry Applesauce Mozzarella Cheese Sticks-1 1% White Milk-6 oz.	Pasta w/ sauce Green Beans-1/2 c. Strawberry Applesauce Mozzarella Cheese Sticks-1 1% White Milk-6 oz.
13		14		15		16		17	
All Beef Hamburger on a Whole Wheat Bun-1 Corn-1/2 c. Applesauce Cup-1/2 c. 1% White Milk-6 oz.	Veggie Burger on a Whole Wheat Bun-1 Corn-1/2 c. Applesauce Cup-1/2 c. 1% White Milk-6 oz.	Pasta Shells with Meat Sauce-5 oz. Green Beans-1/2 c. Fresh Orange-1 Whole Grain Bread 1% White Milk-6 oz.	Pasta Shells with Spaghetti Sauce-5 oz. Green Beans-1/2 c. Fresh Orange-1 Whole Grain Bread 1% White Milk-6 oz.	Turkey w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	Mozzarella Sticks-4 Roasted Potato Medley-1/2 c. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	Beef Bologna and Cheese on a Whole Wheat Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Fresh Apple-1 1% White Milk-6 oz.	American Cheese on a Whole Wheat Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Fresh Apple-1 1% White Milk-6 oz.	3x5 Cheese Pizza-1 Salad w/ Dressing-1 c. Peach Applesauce Cup-1/2 c. Mozzarella Cheese Sticks-1 1% White Milk-6 oz.	Pasta w/ sauce Romaine Salad w/ Dressing-1 c. Peach Applesauce Cup-1/2 c. Mozzarella Cheese Sticks-1 1% White Milk-6 oz.
20		21		22		23		24	
Turkey Meatball Sandwich on a Whole Wheat Hot Dog Bun-1 Corn-1/2 c. Applesauce Cup-1/2 c. 1% White Milk-6 oz.	Veggie Meatball Sandwich on a Whole Wheat Hot Dog Bun-1 Corn-1/2 c. Applesauce Cup-1/2 c. 1% White Milk-6 oz.	Sliced Chicken on a Whole Grain Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.	American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.	Macaroni and Beef-5 oz. Broccoli Florets-1/2 c. Whole Grain Bread Fresh Orange-1 1% White Milk-6 oz.	Macaroni and Cheese-5 oz. Broccoli Florets-1/2 c. Whole Grain Bread Fresh Orange-1 1% White Milk-6 oz.	HAPPY THANKSGIVING! CENTER CLOSED		DAY AFTER THANKSGIVING CENTER CLOSED	
27		28		29		30			
Chicken Fryz-3 oz. Mixed Vegetables-1/2 c. Rice - 1/2 c. Diced Peach Cup-1/2 c. 1% White Milk-6 oz.	Veggie Nuggets-3 oz. Mixed Vegetables-1/2 c. Rice - 1/2 c. Diced Peach Cup-1/2 c. 1% White Milk-6 oz.	Mexican Beef-3 oz. Corn-1/2 c. Yellow Corn Tortilla Chips-1 oz. Fresh Apple-1 1% White Milk-6 oz.	Veggie Mexican Beef-3 oz. Corn-1/2 c. Yellow Corn Tortilla Chips-1 oz. Fresh Apple-1 1% White Milk-6 oz.	Grilled BBQ Chicken Bites Hot Baby Carrots-1/2 c. Rice - 1/2 c. Pineapple Cup-1/2 c. 1% White Milk-6 oz.	Mozzarella Sticks-4 Hot Baby Carrots-1/2 c. Pineapple Cup-1/2 c. Rice - 1/2 c. 1% White Milk-6 oz.	Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Grain Bread 1% White Milk-6 oz.	Veggie Meatballs w/ Gravy-3 oz./ Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Grain Bread 1% White Milk-6 oz.		