

Morning Meal – November 2019--Kindies

Monday Oct 28	Tuesday Oct 29	Wednesday Oct 30	Thursday Oct 31	Friday Nov 1
Pita Hummous Carrots & Tomatoes	Nut-free low-fat Cereal Vanilla Yogourt Melons	Crackers/Bread/buns Marble & Mozzarella Cheese Cauliflower & Snow Peas	Baked goods 2% White Milk Oranges	Crackers/Bread Cheese Strings Cucumbers & Peppers
Monday Nov 4	Tuesday Nov 5	Wednesday Nov 6	Thursday Nov 7	Friday Nov 8
Nut-free low-fat Cereal Strawberry Yogourt Apples	Veggie Samosas 2% White Milk Carrots	Mini-bagels Yogourt Tubes Strawberries	Pita Hummous Cucumbers & Tomatoes	Crackers/Bread Marble & Mozzarella Cheese Melons
Monday Nov 11	Tuesday Nov 12	Wednesday Nov 13	Thursday Nov 14	Friday Nov 15
Crackers/Bread Marble & Mozzarella Cheese Tomatoes & Carrots	Nut-free low-fat Cereal Vanilla Yogourt Oranges	Pita Hummous Cucumbers & Snowpeas	1 slice baked good White Milk Strawberries	PA Day No school
Monday Nov 18	Tuesday Nov 19	Wednesday Nov 20	Thursday Nov 21	Friday Nov 22
Pita Hummous Snowpeas & Tomatoes	Spinach & Cheese Samosas 2% White Milk Carrots	Bread/Crackers Marble & Mozzarella Cheese Bananas	English Muffin/Bagel Cream Cheese Peppers & Cucumbers	Nut-free low-fat Cereal Strawberry Yogourt Melons