


# November 2020 Child Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>November 2-6</u>					
<u>Breakfast</u>	Poached Eggs, WG Toast, Banana	Cinnamon Oatmeal, Apple	WG Blueberry Muffin, Banana	Ham and Cheese Croissant Sandwich, Roasted Potatoes	French Toast Bake, Cream Cheese, Banana
<u>Lunch</u>	WG Pancake, Ferndale Market Turkey Sausage, Roasted Potatoes, Pepper	Creamy Ham WG Pasta, String Cheese, Berry, Butternut Squash	Chicken Thighs, Brown Rice, Green Curry, Corn, Pear or Avocado	Bacon and Cheese Quiche, Corn, Butternut Squash, WG Dinner Roll	Chicken Wild Rice Soup, Carrots, Pepper
<u>Snack</u>	Gouda Cheese, Apple	Pizza Quesadilla (WG Tortilla, Mozzarella, Pepperoni), Dipping Marinara Sauce	Crispy Tofu Squares with Pesto, WG Garlic Breadstick	WG Toasty O's Cereal, Milk	Cheese Crackers, Cheese Curd
<u>November 9-13</u>					
<u>Breakfast</u>	Bagel and Cream Cheese, Roasted Potato	Sausage and Cheese WG Burrito, Kiwi	WG Pumpkin Muffin, Banana	Toasty O's, Corn Flake, Wheat Square Cereal, Pear	WG Savory French Toast Bake, Banana
<u>Lunch</u>	Hot Turkey and Cheese WG Sandwich, Pickle, Mustard, Baked Beans, Roasted Garlic Potatoes	Ferndale Market BBQ Turkey Meatballs, Scalloped Potatoes, WG Dinner Roll, Green Beans	WG Macaroni and Cheese, Ferndale Turkey Franks, Red Bell Pepper, Beets	Cheese Pizza, Beets, Berries	Egg Fried Brown Rice, Crispy Tofu, Pineapple, Japanese Sweet Potato
<u>Snack</u>	Popcorn (FD/ON), Graham Cracker (TC/TR/BCC), Apple	Japanese Sweet Potato Fries, BBQ Sauce, Honey Mustard Sauce, Edamame	Beef Summer Sausage, Dill Havarti Cheese, Toasted Wheat Square	Red Bell Pepper, Black Bean Dip	WG Garlic Breadstick, Marinara Dipping Sauce, Olives
<u>November 16-20</u>					
<u>Breakfast</u>	Cinnamon Raisin Oatmeal, Pear	Spinach and Cheese Egg Cup, Strawberry	Pumpkin Waffle, Melon	WG Toast, Turkey Bacon, Avocado	Breakfast Pizza, Banana
<u>Lunch</u>	Garlic Chicken, Broccoli, Couscous, Grape	Bacon, Pea & Parmesan WG Pasta, Ferndale Market Turkey Sausage, Kiwi, Acorn Squash	Ferndale Market Turkey & Bean Chili, WG Cornbread, Broccoli, Kiwi	WG Flautas, Red Pepper, Melon, Salsa	WG Spaghetti Beef Bolognese, Acorn Squash, Grapes

- Beverages of milk (1% [[over 2 years] and whole [under 2 years] and water will always be offered for meals and snacks.
- The menu is subject to change based on the availability of fresh ingredients.
- WG symbolizes Whole Grain products, containing at least 50% whole grains.

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Snack	Yogurt, WG Granola	Devilled Eggs, Toasted Wheat Squares	WG Cheese Quesadilla, Salsa	WG Pumpkin Bread, Milk	Apple, Sun Butter
<u>November 23-27</u>					
Breakfast	Cinnamon Raisin Oatmeal, Apple	Ham and Cheese Croissant Sandwich, Roasted Potatoes	Spinach and Cheese Egg Cup, Banana		
Lunch	Beef and Broccoli, Brown Rice, Pineapple	Spinach and Cheese Lasagna, Caesar Salad (upstairs), Caesar Green Beans (downstairs), Broccoli	Honey Glazed Chicken Wings, Wild Rice Pilaf, Berries, Sweet Potato	<b>Closed for Thanksgiving</b>	<b>Closed for Thanksgiving</b>
Snack	Ferndale Market Roasted Turkey Breast, WG Tortilla, Cream Cheese, Pickle	Tortilla Chips (FD/ON), Toasted WG Tortilla (TC/TR/BCC), Salsa	Sweet Potato Snack Pie, Milk		
November 30					
Breakfast	Toasty O's Corn Flakes, Wheat Square Cereal, Orange				
Lunch	Chicken Wings, Tortellini, WG Dinner Roll, Corn, Berry				
Snack	Apple Rings, Popcorn (FD/ON), Graham Cracker (TC/TR/BCC)				

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