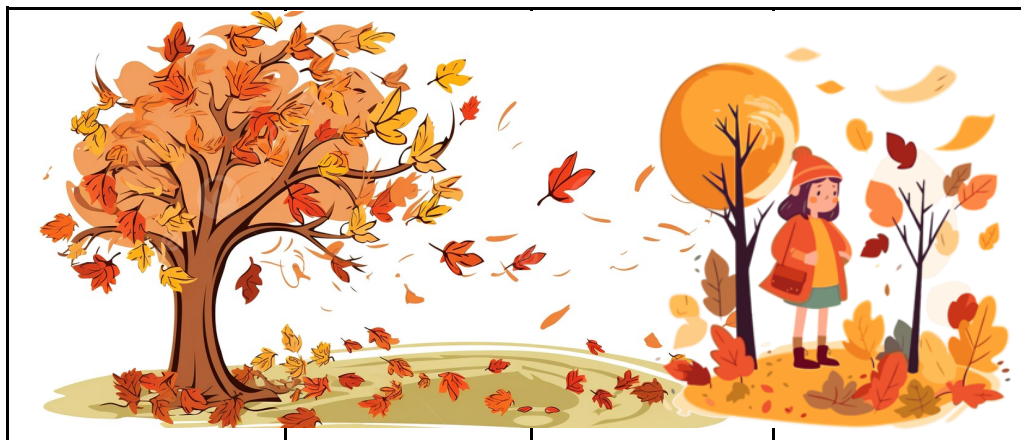


November 2024



Care a lot

"Where caring is at the heart of what we do!"



1

Breakfast
French Toast Sticks
Blueberries

Lunch
Whole Grain Pasta in Meat Sauce
Whole Grain Roll
Broccoli
Fruit Cocktail

Snack
WGR Rice Krispies Treats
Blackberries



Pumpkin Pie Ice Cream

15 oz can pumpkin puree
1/2 tsp pumpkin pie spice
1 tsp vanilla extract
1/2 c carrot juice
6-8 pitted medjool dates
5-6 frozen bananas

Blend the pumpkin, spice, vanilla, carrot juice and dates until smooth.

Transfer to a shallow pan or ice cube tray. Freeze overnight.

Break apart the pumpkin mixture. Add to a blender/ food processor with frozen bananas. Blend until smooth and creamy.

Serve immediately as soft serve or store in the freezer for up to 3 days. Remove 5-10 minutes before serving.

4

Breakfast
Whole grain Bagel
Bananas

Lunch
Turkey & Gravy
Mashed Potatoes
Green Beans
Cantaloupe

Snack
Ritz Crackers
Cheese Cubes

5

Breakfast
Whole Grain English Muffin
Diced Pears

Lunch
Beef taco on WGR tortilla w lettuce and cheese
Cauliflower
Pineapple

Snack
Graham Crackers
Blueberries

6

Breakfast
WGR Cheerios
Honeydew Melon

Lunch
Soynut butter & jelly on WGR bread
Corn on the cob
Cut Grapes

Snack
WGR Goldfish
Pretzels
Fruit Cocktail

7

Breakfast
Vegan Oatmeal
Muffin
Raspberries

Lunch
WGR Cheese pizza
Mixed Veggies
Strawberries

Snack
WGR Teddy Graham
Orange Slices

8

Breakfast
WGR Pancakes
Watermelon

Lunch
Sloppy Joes
WGR Roll
Hashbrown Potatoes
Apple Slices

Snack
WGR Cheez-its
Tropical Fruit

11

Breakfast
Cornbread
Applesauce

Lunch
Grilled cheese on WGR bread
Tomato Soup
Diced Pears

Snack
WGR Goldfish
Cantaloupe

12

Breakfast
Scrambled eggs
WGR Toast
Bananas

Lunch
Whole Grain Pasta & Chicken
Mixed veggies
Mandarin Oranges

Snack
WGR Rice Krispies Treats
Peaches

13

Breakfast
WGR Waffles
Pineapple

Lunch
Hot dogs on WGR bun
Vegetarian Baked Beans
Cut Grapes

Snack
Animal Crackers
Fruit Cocktail

14

Breakfast
Low Fat Yogurt
Honeydew Melon

Lunch
Meatball sub on whole grain roll
Broccoli
Apple Slices

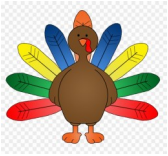
Snack
Saltine crackers
Tropical Fruit

15

Breakfast
Whole grain Life cereal
Blueberries

Lunch
BBQ Chicken
WGR Roll
Peas
Watermelon

Snack
Low fat Cottage Cheese
Strawberries



November 2024



Care a lot
"Where caring is at the heart of what we do!"

<p>18</p> <p>Breakfast French Toast Sticks Diced Pears</p> <p>Lunch Whole grain Cheese pizza Corn Watermelon</p> <p>Snack WG Teddy Grahams Mandarin Oranges</p>	<p>19</p> <p>Breakfast Whole Grain Biscuit Tropical Fruit</p> <p>Lunch Soynut butter & jelly on wgr bread Green Beans Cantaloupe</p> <p>Snack Low Fat Yogurt Apple Slices</p>	<p>20</p> <p>Breakfast Whole Grain Kix Honeydew Melon</p> <p>Lunch Chicken taco on WGR tortilla w lettuce & cheese Peas Pineapple</p> <p>Snack Cornbread Diced Peaches</p>	<p>21</p> <p>Breakfast WGR Cinnamon Toast Cut Grapes</p> <p>Lunch Cheeseburger WGR macaroni Cauliflower Bananas</p> <p>Snack Soft Pretzels Cheese cubes</p>	<p>22</p> <p>Breakfast Vegan Oatmeal Muffin Strawberries</p> <p>Lunch Turkey & Gravy WGR Bread Carrots Fruit Cocktail</p> <p>Snack WGR Cheez-its Blueberries</p>
<p>25</p> <p>Breakfast Cornbread Blueberries</p> <p>Lunch Chicken Nuggets WGR Biscuit Mixed Veggies Cantaloupe</p> <p>Snack Ritz Crackers Cut Grapes</p>	<p>26</p> <p>Breakfast WGR Rice Krispies Bananas</p> <p>Lunch Cheese Quesadilla on WGR tortilla Tomato Salsa Corn Pineapple</p> <p>Snack Graham Crackers Diced Peaches</p>	<p>27</p> <p>Breakfast Scrambled Eggs Turkey Sausage Oranges</p> <p>Lunch WGR Spaghetti w meat sauce Garlic bread Green Beans Apple Slices</p> <p>Snack WRG Rice Krispies Treats Strawberries</p>	<p>28</p> <p>Center Closed!!</p>	<p>29</p> <p>Center Closed!!</p>



Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age w/ Breakfast at 8:30am, and Lunch at 11:30am.
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change

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).