







St. Paul Early Learning Center November 2018

<p>MONDAY</p> 	<p>TUESDAY</p> 	<p>WEDNESDAY</p> 	<p>THURSDAY 1</p>	<p>FRIDAY 2</p>
<p>5 B-cereal/milk L-chicken jambalaya/field peas/pineapple S1-cheese cube/crackers/juice S2-graham crackers</p>	<p>6 B-eggs/milk L-WG cheese pizza/mix veggies/diced peaches S1-wow butter/crackers/water S2-oatmeal cookies</p>	<p>7 B-waffles L-Ham/Cheese wraps/steamed broccoli/applesauce S1-CC cookies/milk S2-cheezits</p>	<p>8 B-muffins/banana L-BBQ chicken/baked beans/garlic toast/mand.oranges S1-yogurt/cherrios S2-goldfish</p>	<p>9 B-cinn. Raisin toast L-sloppy joe/corn/jello w/ fruit S1-sliced apples/pretzels ++ S2- WG cereal</p>
<p>12 B- cereal/milk L-chicken -n- dumplings/sweet peas/carrots/pineapple S1-moon pie/milk S2- cheezits</p>	<p>13 B- jelly biscuits L-roasted turkey/scallop potatoes/field peas/mand. oranges S1-yogurt granola parfait S2-graham crackers</p>	<p>14 B-pancakes L-mac-n-cheese w/diced ham/diced pears S1-fruit snacks/pretzels ++ S2- animal crackers</p>	<p>15 B-cheese toast L-taco soup/crackers/diced peaches S1-mix fruit cup/string cheese S2-goldfish</p>	<p>16 B- muffins/fruit L-turkey on wheat/mix veggies/applesauce S1-cheddar snack mix/juice S2-vanilla wafers</p>
<p>19 B- cereal/milk L-meatballs/gravy/creamed potatoes/gr.beans/mand. oranges S1-cheese cube/crackers/juice S2-graham crackers</p>	<p>20 B-waffles L-grilled cheese/pinto beans/pineapple S1-snack mix/juice S2- cheezits</p>	<p>21</p> 	<p>22</p> 	<p>23 Holiday</p> 
<p>26 B- cereal/milk L-chicken noodle soup/crackers/sweet peas/carrots/diced peaches S1-rice krispie treats/milk S2- cheezits</p>	<p>27 B-pancakes L-WG cheese pizza/mix veggies/applesauce S1- cheese cube/crackers/juice S2-graham crackers</p>	<p>28 B-ham biscuit L-red beans/diced ham/brown rice/pineapple S1-yogurt/fruit S2-goldfish</p>	<p>29 B-eggs/sausage L-turkey roast/creamed potatoes/mix veggies/ pears S1-oatmeal cookies/milk S2-snack mix</p>	<p>30 B- grits/milk L-beef sliders/tator tots/jello w/fruit S1- wow butter/crackers/water S2- WG cereal</p>

B = Breakfast / L = Lunch / Snack 1 is at 2pm / Snack 2 is at 4pm (Milk at breakfast, Milk & Water at lunch, 100% Juice or water for Snack) *Fresh Fruit served when Available
++denotes age appropriate food substitutions for under age 2

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