

St. Paul Early Learning Center November 2021

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
B-cornflakes/raisins L-white chicken chili/crackers/corn/mand. oranges S1-string cheese crackers/grape juice S2-graham crackers water	B-pancakes/strawberries L-cheese pizza/pinto beans/diced ham/pineapple S1-smores snack mix/water S2-cheezits/water	B-biscuits/fruit cup/milk L-turkey/cheese on wheat/baked fries/diced peaches S1-vanilla wafers/banana/water S2-goldfish/water	B-blueberry muffin/banana L-mac-n-cheese with diced ham/sweet peas diced carrots/rolls/apple wedges/milk S1-vanilla yogurt/granola/water S2-animal crackers/water	B-cinnamon toast/raisins L-poppysseed chicken/field peas/diced pears S1 applesauce/pretzels/water S2-chex mix/water
8 B kix cereal/blueberries/milk L-meatloaf/creamed potatoes/steamed carrots/pineapple S1-cheese cubes/saltines/apple juice S2-zoo crackers/water -	9 B-ham biscuit/milk L-scrambled eggs with cheese/toast/hash browns/mandarin oranges S1-strawberry shortcake/water S2-cheezits water	10 B-grits/tropical fruit/milk L-Baked ham/sweet potatoes Rolls/diced peaches S1-vanilla wafers/wow butter/water S2-snack mix/water	11 B-blueberry muffin/pears L-chicken teriyaki/field peas/applesauce S1-s/b yogurt/cereal/water S2-goldfish/water	12 B-waffles/strawberries/milk L-grilled cheese/pinto beans with ham/mix fruit S1-hummus/crackers/grape juice S2-graham crackers/water
15 B-rice krispies cereal/blueberries/milk L-baked chicken/rolls/green beans/diced pears S1-oatmeal cookies/milk S2-cheezits/water	16 B-pancakes strawberries/milk L-cheese pizza/great northern beans with diced ham/pineapple S1-string cheese/crackers/grape juice S2-graham crackers	17 B-cinnamon raisin toast L-turkey cheese wraps/black beans/diced peaches S1-vanilla wafers/banana/water S2-goldfish/water	18 B-ham biscuit/milk L-red beans/rice/combread/mand. oranges S1-vanilla yogurt/granola/water S2-zoo crackers/water	19 B-blueberry muffin/banana/milk L-beef veggie soup/crackers/mix fruit S1-snack mix/apple juice S2-rice krispie treats/water
22 B-cornflakes/raisins/milk L-chicken spaghetti/sweet peas/carrots/diced pears S1-cheese cubes crackers/pineapple juice S2-graham crackers/water	23 B-oatmeal blueberries/milk L-baked ham/sweet potatoes/rolls/diced peaches S1-smores snack mix/water S2-cheezits/water	24 CLOSED 	25 	26 Closed  Happy Thanksgiving
29 B kix cereal/raisins L-chicken wraps/black beans/mandarin oranges S1-string cheese crackers/crackers/grape juice S2-graham crackers/water	30 B-pancakes strawberries/milk L-meatballs/baked beans/rolls/pineapple S1-oatmeal cookies/milk S2-goldfish/water			

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