November Menu

	Breakfast	Lunch	3:30 Snack
Wednesday, 11/1	Biscuit, Fruit & Milk	Taco Quesadilla, Green Beans, Mixed Fruit & Milk	Sliced Oranges & Pretzels
Thursday, 11/2	Blueberry Muffin, Banana & Milk	Spaghetti w/Meat Sauce, Butter Peas, Apples & Milk	Cheese & Whole Wheat Crackers
Friday, 11/3	Grits, Pears & Milk	Pot Roast w/ Brown Rice or Noodles & Vegetables, Mandarin Oranges & Milk	Whole Grain Cheerios & Vanilla Yogurt
Monday, 11/6	Waffles, Applesauce & Milk	Tex-Mex Chicken & Rice, Pears & Milk	Raisins & Veggie Straws
Tuesday, 11/7	Cheese Grits, Peaches & Milk	Chicken Nuggets, Tater Tots, Pineapple & Milk	Fresh Fruit & Gold Fish Crackers
Wednesday, 11/8	French Toast, Pears & Milk	Taco Quesadilla, Green Beans, Mixed Fruit & Milk	Sliced Apples & Snack Mix
Thursday, 11/9	Biscuit, Peaches & Milk	Spaghetti w/Meat Sauce, Butter Peas, Apples & Milk	Sliced Oranges & Animal Crackers
Friday, 11/10	Banana Muffin, Applesauce & Milk	Grilled Cheese Sandwich, Broccoli, Pears & Milk	Vanilla Yogurt & Pretzels
Monday, 11/13	Grits with Turkey Sausage, Peaches & Milk	Chicken Spaghetti, Purple Hull Peas, Apples & Milk	Fresh Fruit & Whole Wheat Crackers
Tuesday, 11/14	Oatmeal, Applesauce & Milk	Turkey Chili w/Black Beans, Rice, Mandarin Oranges & Milk	Rice Cereal w/ Craisins
Wednesday 11/15	Cheese Biscuits, Apples & Milk	Thanksgiving Luncheon Infant - K2 Chicken Nuggets, Green Beans, Mashed Potatoes, Peaches & Milk	Banana & Whole Grain Cheerios
Thursday, 11/16	Pancakes, Mandarin Oranges & Milk	Thanksgiving Luncheon K3 - K4 Chicken Nuggets, Green Beans, Mashed Potatoes, Peaches & Milk	Fresh Fruit & Gold Fish
Friday, 11/17	Blueberry Muffin, Banana & Milk	Tex-Mex Chicken & Rice, Pineapple & Milk	Cheese Cubes & Snack Mix
Monday, 11/20	Pancakes, Applesauce & Milk	Whole Wheat Cheese Quesadillas, Peas and Carrots, Pears & Milk	Sliced Oranges & Animal Crackers
Tuesday, 11/21	Grits with Turkey Sausage, Pears & Milk	Chicken and Sausage Paella, Butter Peas, Apples & Milk	Fresh Fruit & Pretzels
Wednesday, 11/22	Biscuit, Peaches & Milk	Turkey & Cheese Sandwich, Green Beans, Mixed Fruit & Milk	Raisins & Veggie Straws
Thursday, 11/23		Closed for Thanksgiving Holiday	
Friday, 11/24		Closed for Thanksgiving Holiday	
Monday, 11/27	French Toast, Pineapple & Milk	Meatballs w/ Brown Rice, Butter Peas, Mandarin Oranges & Milk	Apple Slices & Gold Fish Crackers
Tuesday, 11/28	Oatmeal, Peaches & Milk	Sloppy Joe's, Purple Hull Peas, Pears & Milk	Cheese Cubes & Snack Mix
Wednesday, 11/29	Cheese Biscuits, Apples & Milk	Chicken Nuggets, Green Beans, Pineapple & Milk	Fresh Fruit & Gold Fish
Thursday, 11/30	Pancakes, Mandarin Oranges & Milk	BBQ Chicken Sliders, Broccoli, Pears & Milk	Banana & Whole Grain Cheerios
Friday, 12/1	Blueberry Muffin, Banana & Milk	Turkey Chili w/Black Beans, Rice, Pineapple & Milk	Cheese Cubes & Snack Mix



"Growing Room Tallahassee"



@Growing_Room



www.pinterest.com/grtally

www.GrowingRoomChildCare.com