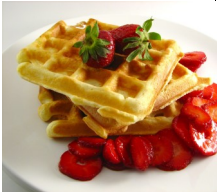




Milk and water is served with each snack.
 F-fruit serving P-protein or meat alternative serving
 V- vegetable serving D -dairy serving
 G-grain serving Rice Milk Available

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 F/V Carrots G Melba Toast P D Cream Cheese	3 F/V Apples G Oatmeal P D	4 F/V Apples G Oatmeal P D	5 F/V Cucumber G Beet Crackers P D Ranch Dressing	6 F/V Cucumber G Beet Crackers P D Ranch Dressing	7 
8 	9 F/V Oranges G Ritz Crackers P D	10 F/V Kiwi G Bagel with Jam, Wow Butter or Honey P	11 F/V Kiwi G Bagel with Jam, Wow Butter or Honey P	12 F/V Peaches G Rice Cakes P D	13 F/V Peaches G Rice Cakes P D	14
15	16 F/V Pears G P D Yogurt	17 F/V Rainbow Peppers G Pita Bread P D Hummus	18 F/V Rainbow Peppers G Pita Bread P D Hummus	19 F/V Bananas G Rice Krispies P D	20 F/V Bananas G Rice Krispies P D	21
22	23 F/V Applesauce G Graham Crackers P D	24 F/V Pineapple G Breadsticks P D	25 F/V Pineapple G Breadsticks P D	26 F/V Grapes G Pita Crackers P D Cheese	27 F/V Grapes G Pita Crackers P D Cheese	28 
29	30 F/V Blueberries G Waffles P D					