





People Incorporated Early Head Start November 2017 Breakfast Center _____



NO Strawberries for Children Under 1 Yr of age***** No eggs under 1 yr

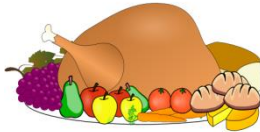

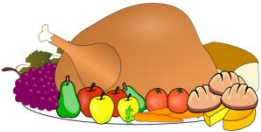

		Wednesday, November 1	Thursday, November 2	Friday, November 3
		Southern Style Biscuit Turkey Sausage Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Oatmeal ¾ cup Whole Grain Toast Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Hard Boiled Egg-1 Whole Wheat Toast Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, November 6	Tuesday, November 7	Wednesday, November 8	Thursday, November 9	Friday, November 10
Whole Grain Plain or Blueberry Bagel with Lowfat Cream Cheese or Apple butter Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	<h1>Closed</h1>	Egg & Cheese Biscuit (Southern Style Biscuit w/Scrambled Eggs and Cheese Applesauce ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Breakfast BANANA SUSHI SunButter WG Tortilla Banana  Whole Milk ½ cup-over 2yrs. Skim Milk Under 1 yr must serve Whole Grain Toast with ½ cup of Vanilla Yogurt instead of SunButter	<h1>Closed</h1>
Monday, November 13	Tuesday, November 14	Wednesday, November 15	Thursday, November 16	Friday, November 17
Southern Style Biscuit Baked Apples Whole Milk ½ cup-over 2yrs. Skim Milk	Overnight Oats (Vanilla Yogurt with Oatmeal) ¾ cup Whole Grain Toast Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Hard Boiled Egg-1 Whole Wheat Toast Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Grain Pancakes or Whole Grain Waffles 4" Breakfast Syrup -1 Pack  Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Baked Cheese Omelet 2 tbsp. Whole Wheat Toast Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk



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Monday, November 20	Tuesday, November 21	Wednesday, November 22	Thursday, November 23	Friday, November 24
<p>Whole Grain Plain or Blueberry Bagel with Lowfat Cream Cheese or Apple butter</p> <p>Fruit ¾ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Corn Puffs, Rice Krispies, or Corn Flakes ¾ cup</p> <p>Unsweetened Under 1 yr must serve Whole Grain Toast with ½ cup of Vanilla Yogurt instead of Ready to eat Cereal</p> <p>Fruit ¾ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	 <h3 style="margin: 0;">Closed</h3>	 <h3 style="margin: 0;">Closed</h3>	 <h3 style="margin: 0;">Closed</h3>
Monday, November 27	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	
<p>Overnight Oats (Vanilla Yogurt with Oatmeal) ¾ cup</p> <p>Whole Grain Toast</p> <p>Fruit ¾ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Hard Boiled Egg-1</p> <p>Whole Wheat Toast</p> <p>Fruit ¾ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Southern Style Biscuit</p> <p>Turkey Sausage</p> <p>Fruit ¾ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Breakfast BANANA SUSHI</p> <p>SunButter WG Tortilla Banana</p>  <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p> <p style="color: red;">Under 1 yr must serve Whole Grain Toast with ½ cup of Vanilla Yogurt instead of SunButter</p>	



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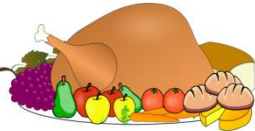
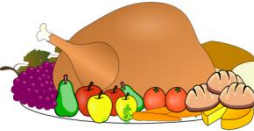

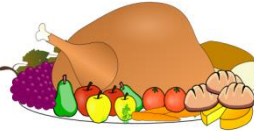


		Wednesday, November 1	Thursday, November 2	Friday, November 3
		Chicken Tender Sliders (chicken tenders on a mini whole grain bun) Serve with dipping sauce Tater Tots Green Beans ¾ cup Fresh Orange Slices ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Grilled Cheese Sandwich Goldfish Tomato Soup Fresh Apples ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Hamburger Steak Patties with dipping sauces Au Gratin Potatoes ¾ cup Cooked Carrots, Broccoli or Mixed Vegetables ½ cup Peaches ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, November 6	Tuesday, November 7	Wednesday, November 8	Thursday, November 9	Friday, November 10
Chicken Alfredo With a Twist Green Salad ¾ cup (Lettuce, Cucumber Wedges, Tomato Wedges (shredded cheese optional) ¾ cup Garlic Bread Stick Pears ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	<h1>Closed</h1>	Chicken Philly (shredded chicken, lettuce, tomato, cheese, & mayo on Whole Grain Hot Dog Bun Loaded Potato Soup Baked Apples ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Taco Salad - ground turkey ¾ cup Shredded Cheese, Lettuce, Tomato, & Salsa served with tortilla chip crumbs Refried Beans ¾ cup Mexican Rice ¾ cup Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	<h1>Closed</h1>
Monday, November 13	Tuesday, November 14	Wednesday, November 15	Thursday, November 16	Friday, November 17
Stir-Fry- Beef Strips, Broccoli, Carrots White Steamed Rice ¾ cup Whole Grain Roll Mandarin Oranges ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Pinto or Northern Beans 3/8 cup  Cornbread Muffins Au Gratin Potatoes ¾ cup Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Chicken Strips Baked Beans ¾ cup Tater Tots ¾ cup Yogurt Parfait ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Homemade Ravioli Green Salad ¾ cup (Lettuce, Cucumber Wedges, Tomato Wedges (shredded cheese optional) Corn or Corn on Cob ¾ cup Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Fun Shaped Fish Nibbles Mashed Potatoes ¾ cup Broccoli & Cheese Soup ¾ cup Fruit ¾ cup Whole Milk ½ cup-over 2yrs. Skim Milk



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Monday, November 20	Tuesday, November 21	Wednesday, November 22	Thursday, November 23	Friday, November 24
<p>Chili with Beans, Ground Turkey or Beef 3/8 cup</p> <p>Tater Tots ¾ cup</p> <p>Fresh Broccoli with Ranch Dressing</p> <p>Fruit ¾ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Turkey, Gravy, & Dressing</p> <p>Sweet or Mashed Potatoes ¼ Cup</p> <p>Green Beans ¼ cup</p> <p>Pumpkin Pie</p> <p>Whole Grain Roll</p>  <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	 <p>Closed</p>	 <p>Closed</p>	 <p>Closed</p>
Monday, November 27	Tuesday, November 28	Wednesday, November 29		
<p>Au Gratin Shepard's Pie</p> <p>Green Salad ¾ cup (Lettuce, Cucumber Wedges, Tomato Wedges (shredded cheese optional))</p> <p>Fruit ¾ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Homemade Ravioli</p> <p>Corn or Corn on Cob ¾ cup</p> <p>Veggie Dippers with Ranch Dressing</p> <p>Fruit ¾ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Philly Cheese Steak Subs</p> <p>Vegetable Beef Soup ¾ cup</p> <p>Whole Wheat Crackers</p> <p>Fruit ¾ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>		

*****Veggie dippers will include **TWO** of the following: carrot chips, cucumber, green bell pepper, broccoli, cauliflower

*****Approved Condiments: Ketchup, Mustard, Honey Mustard, Mayonnaise, BBQ Sauce, Ranch Dressing, Pickles, and Salsa