





**People Incorporated Head Start
November 2017 Breakfast
Center _____**

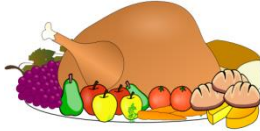

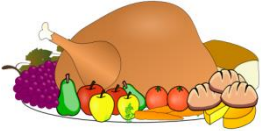



		Wednesday, November 1	Thursday, November 2	Friday, November 3
		Southern Style Biscuit Turkey Sausage Fruit ½ cup Skim Milk- ¾ cup	Oatmeal ½ cup Whole Grain Toast Fruit ½ cup Skim Milk- ¾ cup	Hard Boiled Egg-1 Whole Wheat Toast Fruit ½ cup Skim Milk- ¾ cup
Monday, November 6	Tuesday, November 7	Wednesday,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



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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 ½ cup</p> <p>Skim Milk- ¾ cup</p>	<p>Corn Puffs, Rice Krispies, or Corn Flakes ¾ cup Unsweetened</p> <p>Fruit ½ cup</p> <p>Skim Milk- ¾ cup</p>	 <p>Closed</p>	 <p>Closed</p>	 <p>Closed</p>
Monday, November 27	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	
<p>Overnight Oats (Vanilla Yogurt with Oatmeal) ½ cup</p> <p>Whole Grain Toast</p> <p>Fruit ½ cup</p> <p>Skim Milk- ¾ cup</p>	<p>Hard Boiled Egg-1</p> <p>Whole Wheat Toast</p> <p>Fruit ½ cup</p> <p>Skim Milk- ¾ cup</p>	<p>Southern Style Biscuit</p> <p>Turkey Sausage</p> <p>Fruit ½ cup</p> <p>Skim Milk- ¾ cup</p>	<p>Breakfast BANANA SUSHI</p> <p>SunButter</p> <p>WG Tortilla</p> <p>Banana</p> <p>Skim Milk- ¾ cup</p> 	



People Incorporated Head Start November 2017 Lunch Center _____

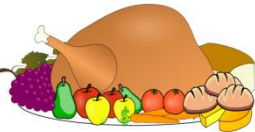
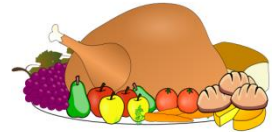

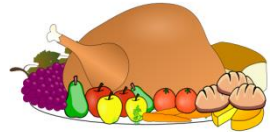


		Wednesday, November 1	Thursday, November 2	Friday, November 3
		Chicken Tender Sliders (chicken tenders on a mini whole grain bun) Serve with dipping sauce Tater Tots Green Beans ¾ cup Fresh Orange Slices ½ cup Skim Milk- ¾ cup	Grilled Cheese Sandwich Goldfish Tomato Soup Fresh Apples ½ cup Skim Milk-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



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

*****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**