

Milked served: 1% or fat-free for children ≥ 2 yrs. old

Whole Milk for children 12-23 months old

TLC MEAL MENU

November 2020

Our Center participates in a USDA funded program and

is an equal opportunity provider and employer

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date:	2	3	4	5	6
Breakfast	Blueberry Muffins, Peaches, Milk	Pancakes, Applesauce, Milk	Breakfast Quesadilla, Orange slices, Milk	Buttermilk Biscuit , Country Sausage Gravy, Fruit Cocktail, Milk	Toasted Bagel w/cream cheese or Jam, Pears, Milk
Lunch	Chicken-Macaroni Salad, cheese stick, crackers, celery sticks, grapes, Milk	Egg patty & Cheese sandwich (WG) bread, Tator-tots, Oranges, Milk	Baked Chicken Legs, Mashed Potatoes, (WG) Dinner roll, corn-on-the-cob, Pineapple, Milk	Beef Hot Dog (WG bun), slice of cheese, French Fires, Watermelon, Milk	Spaghetti w/Meat & ragu sauce, Salad, Pineapple, (WG) bread w/butter, Milk
PM Snack	"Sun-butter" & Jelly sandwich (WG) bread, Watermelon, Water	Ritz Crackers, Carrots w/Ranch, Mandarin Oranges, Water	Nilla Wafers, Pudding, Bananas, Water	Bean & Cheese burrito, Apple, Water	Pizza Rolls, Oranges, Water
Date:	9	10	11	12	13
Breakfast	Cereal: Honey Nut Cheerios, Fruit Cocktail, Milk	French Toast Sticks, Pineapple, Milk	Oatmeal, Bananas, Milk	Egg and Cheese Burrito (WG flour Tortilla), Peaches, Milk	Pancakes, Applesauce, Milk
Lunch	Nachos with Beans, Beef and cheese, Tomatoes & Cucumbers, Blueberries, Milk	Country Fried Steak, Mashed Potato's, Stir Fry Vegetables, Sliced Apples, Roll, Milk	Macaroni and Cheese with beef, Green beans, Fruit Cocktail, Milk	Hamburger on a (WG) Bun, Sliced Tomatoes, Leaf lettuce, French Fries, Peaches, Milk	Chicken Nuggets (HM), cheese stick ,Corn-on-Cob, Pears, Milk
PM Snack	Tortilla Chips with nacho cheese, Sliced Apples, Water	Chili beans & Cheese, Saltine Crackers, Orange, Water	Mixed Berries in Strawberry Yogurt, Animal Crackers, Water	Gold Fish Crackers, Grapes, Water	Grilled Cheese Sandwich, Apples, Water
Date:	16	17	18	19	20
Breakfast	Waffles, Mango Chunks, Milk	Cereal: Raisin Bran, Bananas, Milk	Pancakes, Strawberries, Milk	(WG) Biscuit with Gravy, Apples, Milk	Egg and Cheese Burrito (WG Tortilla), Pineapple, Milk
Lunch	Chili with Cheese and crackers, Corn, Pineapple, Milk	Chicken breast strips w/ marinara sauce, Stir Fry Vegetables, Fruit Cocktail, Roll, Milk	Turkey and cheese in a Multi Grain Pita pocket, Carrot sticks, Apple slices, Milk	(WG) Spaghetti with Meat and cheese sauce, Green beans, Peaches, Milk	Hot dog on a (WG) bun, French fries, Oranges, Milk
PM Snack	Cheese Quesadilla (WG Tortilla), Salsa, Apples Water	Gold fish Cheese (WG) Crackers, Oranges	Graham Crackers, Watermelon	Mini-bagels w/cream cheese, Bananas	Rice and Corn in a cup, Pears, Water
Date:	23	24	25	26	27
Breakfast	Cereal: Corn Flakes, apples, Milk	Pancakes, Blueberries, Milk	Oatmeal, Bananas, Milk	Blueberry or Banana Nut Muffins, Applesauce, Milk	Milk, Cinnamon Raisin Bagels w/cream cheese, Pineapple
Lunch	Bean and Cheese Burrito (WG tortilla), Green Beans, Strawberries, Milk	Sloppy Joe on Whole grain bun, Green Beans, Apples, Milk	Diced Chicken and (WG) noodles with Alfredo sauce, Broccoli, Oranges, Milk	Ham and cheese Sandwich (WG Bread), Carrots & Celery w/ranch, Apple slices, Milk	Teriyaki Chicken, s , Cheese stick, Peas, Fruit Cocktail, Whole Wheat Bread, Milk
PM Snack	Mini Muffins, Peaches, Water	Breadsticks, cheese sauce, mandarin oranges, Water	Chex Mix, Apples, Water	Hash Brown Patty, Yogurt, Water	Bean and Cheese Burritos (WG Tortilla), Grapes, Water

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**** Due to Allergies , Sun-butter is used in place of peanut-butter and all hot dogs will be "all-beef" in place of pork.**