

Nov. 4—8, 2019



**Skip-a-Long**  
CHILD DEVELOPMENT SERVICES

|           | BREAKFAST   | LUNCH  | SNACK  |
|-----------|---|--|--|
| MONDAY    | Corn flakes cereal <b>WG</b><br>Banana <b>F</b><br>Milk <b>D</b>                | Meat loaf<br>Mashed potatoes<br>Fruit cocktail<br>Roll <b>WG</b><br>Milk <b>D</b>                              | Goldfish crackers <b>WG</b><br>Milk <b>D</b> |
| TUESDAY   | Whole wheat bagel <b>WG</b><br>w/cream cheese<br>Sl. pineapple<br>Milk <b>D</b> | Crispito <b>WG</b><br>Cheese sticks <b>D</b><br>Peas & carrots<br>Applesauce<br>Milk <b>D</b>                  | Lunchmeat <b>P</b><br>Tortilla<br>Water      |
| WEDNESDAY | Biscuit w/jelly<br>Orange <b>F</b><br>Milk <b>D</b>                             | Spaghetti <b>WG</b> /sauce & gr. Beef<br>Green beans<br>Diced pears<br>Milk <b>D</b>                           | Animal crackers<br>Milk <b>D</b>             |
| THURSDAY  | English muffin w/butter <b>D</b><br>Apples <b>F</b><br>Milk <b>D</b>            | Bratwurst patties <b>P</b> on a bun<br>Sl. beets<br>Strawberries <b>F</b> fruit —<br><b>2</b><br>Milk <b>D</b> | Cheez it crackers <b>D</b><br>Milk <b>D</b>  |
| FRIDAY    | Blueberry muffin<br>Cantaloupe <b>F</b><br>Milk <b>D</b>                        | Beef & bean burrito <b>WG</b><br>Carrot sticks <b>F</b><br>Apple rings<br>Milk <b>D</b>                        | Cheese <b>D</b> Ritz crackers<br>Water       |

D-Dairy V-Vegetarian E-Eggs N-Nuts  
F-Fresh P-Pork 2-Children under 2

Milk: Whole & 1%  
Soy & Lactose

Meat Substitution: Turkey, peanut butter  
or cheese

# Nov. 11-15, 2019



# Skip-a-Long

CHILD DEVELOPMENT SERVICES

|           | BREAKFAST  | LUNCH   | SNACK  |
|-----------|--|---|--|
| MONDAY    | Honey bunches of Oats cereal<br>Diced peaches<br>Milk <b>D</b>               | Chicken strips <b>WG</b><br>Potato Salad <b>E</b><br>Apple <b>F</b><br>Milk <b>D</b>  | Ritz crackers<br>Sl. cheese <b>D</b><br>Water                              |
| TUESDAY   | French toast sticks <b>WG</b> w/syrup<br>Apple rings<br>Milk <b>D</b>        | Pork chop <b>WG</b><br>Country trio veggies<br>Applesauce<br>Milk <b>D</b>  | Blueberry —<br><b>2</b><br>Banana bread <b>WG</b><br>Milk <b>D</b>         |
| WEDNESDAY | Corn muffin <b>WG</b><br>Orange <b>F</b><br>Milk <b>D</b>                    | Taco meat w/cheese <b>D</b><br>Sh. Lettuce <b>F</b> & tomato<br>Peas — Diced pears<br><b>2</b><br>Tortilla<br>Milk <b>D</b> | Lunchmeat <b>P</b><br>Wheat crackers <b>WG</b><br>Water                    |
| THURSDAY  | Egg & cheese burrito <b>ED WG</b><br>Sl. pineapple<br>Milk <b>D</b>          | Beef Ravioli<br>Green beans<br>Mandarin oranges<br>Garlic toast<br>Milk <b>D</b>  | Cinnamon gripz — <b>WG</b><br><b>2</b><br>Chocochip gripz<br>Milk <b>D</b> |
| FRIDAY    | Mini bagel w/cinnamon cr.<br>Cheese <b>D</b><br>Apple rings<br>Milk <b>D</b> | Pizza Rolls <b>PD</b><br>Cauliflower <b>F</b> w/dip <b>D</b><br>Grapes <b>F</b><br>Fruit cocktail<br>Milk <b>D</b>          | Raspberry yogurt <b>D</b><br>Graham crackers <b>WG</b><br>Water            |

D-Dairy V-Vegetarian E-Eggs N-Nuts  
F-Fresh P-Pork 2-Children under 2

Milk: Whole & 1% , Soy or Lactose

Meat Substitution: Turkey, peanut butter or cheese

# Nov. 18-23, 2019



# Skip-a-Long

CHILD DEVELOPMENT SERVICES

|           | BREAKFAST  | LUNCH  | SNACK  |
|-----------|--|--|--|
| MONDAY    | Oatmeal cereal <b>WG</b><br>Apple <b>F</b><br>Milk <b>D</b>                  | Alaskan Pollock <b>F</b> w/tarter sauce<br>Baked beans <b>V</b><br>Fruit cocktail<br>Milk <b>D</b>                     | Snack mix<br>Milk <b>D</b>                               |
| TUESDAY   | Breakfast pizza <b>WG&amp;ED</b><br>Sl. peaches<br>Milk <b>D</b>             | Chicken fried Rice <b>WG</b><br>Oriental veggies<br>Mandarin oranges<br>Milk <b>D</b>                                  | Cinnamon applesauce<br>Milk <b>D</b>                     |
| WEDNESDAY | Corn Flakes or Kix Cereal <b>WG</b><br>Apricots<br>Milk <b>D</b>             | BBQ pork on a bun <b>P</b><br>Tater tots<br>Apple rings<br>Milk <b>D</b>   | Bologna <b>P</b><br>Club crackers<br>Water               |
| THURSDAY  | Blueberry pancake <b>WG</b> w/<br>butter<br>Orange <b>F</b><br>Milk <b>D</b> | Chili w/gr. Beef<br>Sl. beets<br>Diced pears<br>Cornbread<br>Milk <b>D</b>   | Animal crackers<br>Milk <b>D</b>                         |
| FRIDAY    | Corn or blueberry banana<br>muffin<br>Sl. pineapple<br>Milk <b>D</b>         | Corn dog <b>P</b><br>Cheese pizza <b>-WG D</b><br><b>2</b><br>Carrot sticks <b>F</b><br>Pear <b>F</b><br>Milk <b>D</b> | Sl. cheese <b>D</b><br>Wheat crackers <b>WG</b><br>Water |

D-Dairy V-Vegetarian E-Eggs N-Nuts  
F-Fresh P-Pork 2-Children under 2

Milk: Whole & 1%, soy & Lactose

Meat Substitution: Turkey, peanut butter  
or cheese

REVISED