



NOVEMBER MENU

G I V E
THANKS
& LOVE
♥ ♦ ♥
HAPPY THANKSGIVING

	Breakfast	After School	Early Pm Snack
Monday	Cereal & Apples	Goldfish & Applesauce	Fruit Bars & Oranges
Tuesday	Oatmeal & Berries	Pancakes & Berries	Snack Activity: Fall Trees (Pretzels Sticks & Fruit Roll Ups)
Wednesday	Muffins & Apple Sauce	Vanilla Wafers & Go-Gurts	Graham Crackers & Raisins
Thursday	Bagels & Oranges	Turkey, Cheese & Saltines	Ritz Crackers & Bell Peppers
Friday	French Toast Sticks & Bananas	Peanut Butter Sandwich Crackers & Oranges	Cheez-Its & Cucumbers

Meal Schedule

School Age Breakfast; 6:55 – 7:25

Toddlers, Pre-School & Pre-Kindergarten Breakfast; 8:30 – 8:50

Lunch 11:30 – 12:00

Afternoon Snack

Early p.m. snack (Ages 0 – 4) 3:00 -3:30

After School (Ages 5 – 13) 3:30 – 4:00

Notes

Please review the menu with your child and provide a substitute meal if necessary. Families should provide an alternative meal, if your child(ren) will not or cannot eat the menu item(s).

Children should bring all necessary items needed to complete meal. This includes; *bowls, plates, microwaveable items, spoons, forks, etc.* Only can items with tabs allowed. Parents please do not allow your children to bring diet supplement drinks or Soda Pop to the Explore Club. We also encourage children to eat items with less sugar in them first.