



# November 2018

## First Congregational Learning Center Menu

Infant Room: All food is served per DCFS guidelines and is cooked then mashed, grated or pureed.

Children under 2 are served whole milk.

Children 2 and older are served 1% milk..

Monday	Tuesday	Wednesday	Thursday	Friday
			Snack: Graham crackers, fruit & Milk <i>1</i> Lunch: Macaroni & Cheese Broccoli Pears Milk Snack: Trail Mix	Snack: Bagel w/cream cheese <i>2</i> Lunch: Cheesy Chicken Quesadilla Corn Grapes Milk Snack: Goldfish & Applesauce
Snack: Goldfish & Applesauce <i>5</i> Lunch: Grilled Cheese /Tomato Soup Peas Grapes Milk Snack: Trail Mix	Snack: Fruit bread & Milk <i>6</i> Lunch: Chicken Parmesan Buttered Noodles Green Beans Pineapple Milk Snack: Pretzel sticks & yogurt	Snack: Nutrigrain bar & Milk <i>7</i> Lunch: BBQ Turkey cups Cucumbers Peaches Milk Snack: Cinnamon Chips & Fruit Salsa	Snack: Graham crackers, fruit & Milk <i>8</i> Lunch: Fish Sticks Broccoli Pears Milk Snack: String cheese & crackers	Snack: Yogurt & Fruit <i>9</i> Lunch: Taco Salad: Turkey taco meat Lettuce, tomato, cheese Tortilla chips or flour tortilla Oranges Milk Snack: Veggie straws
Snack: Nutrigrain bar & Milk <i>12</i> Lunch: Pancakes Sausage Green Beans Pineapple Milk Snack: Goldfish and Applesauce	Snack: Fruit bread & Milk <i>13</i> Lunch: Turkey w/ gravy Mashed Potatoes Broccoli Cornbread Casserole Cranberry Sauce Snack: Pretzel sticks & yogurt	Snack: Oatmeal, apples & Milk <i>14</i> Lunch: Cheese pizza Vegetable blend Oranges Milk Snack: Pretzels w/cream cheese	Snack: Graham crackers, fruit & Milk <i>15</i> Lunch: Macaroni & Cheese Broccoli Grapes Milk Snack: Trail mix	Snack: Bagel w, cream cheese <i>16</i> Lunch: Turkey & cheese on wheat bread Cucumbers & Carrots Apples Milk Snack: Veggie straws & fruit
Snack: Nutrigrain bar & Milk <i>19</i> Lunch: Fish sticks Carrots Grapes Milk Snack: Goldfish & Applesauce	Snack: Cinnamon bread w/cream cheese & Milk <i>20</i> Lunch: Spaghetti Garlic Bread Peas Oranges Milk Snack: Jello & Graham crackers	Snack: Graham crackers, fruit & Milk <i>21</i> Lunch: Chicken Nuggets Green Beans Pears Milk Snack: String cheese & crackers	 <i>22</i> Center Closed for the Holiday	 <i>23</i>
Snack: Cottage Cheese & Peaches <i>26</i> Lunch: Pancakes Sausage Green Beans Pears Milk Snack: String cheese & crackers	Snack: Fruit bread & Milk <i>27</i> Lunch: Turkey/cheese nachos/soft taco Corn Apples Milk Snack: Soft pretzels w/queso	Snack: English Muffin w/jelly & Milk <i>28</i> Lunch: Hamburger on a bun Cucumbers & Carrots Oranges Milk Snack: Veggie straws & fruit	Snack: Graham crackers, fruit & Milk <i>29</i> Lunch: Macaroni & Cheese Broccoli Pears Milk Snack: Trail Mix	Snack: Bagel w/cream cheese <i>30</i> Lunch: Cheesy Chicken Quesadilla Corn Grapes Milk Snack: Goldfish & Applesauce