November 2013

SchoolFood FEED YOUR MIND

Monday	Trayless Tuesday	Wednesday	Thursday	Friday
				1 Seasonal Fresh Fruit Classic Grilled Cheese Sandwich Sweet Plantains
4 Apple Sauce Tasty Beef Ravioli Garlicky Green Beans	**5** **ELECTION DAY** Sliced Peaches Breaded Chicken Tenders Sliced Wheat Bread Steamed Spinach	**6** Seasonal Fresh Fruit Slow Cooked Turkey Rice Choice Sweet Plantains	**7** Diced Pears Mac and Cheese Sunrise Corn Bread Roasted Sweet Potato Wedges	**8** Seasonal Fresh Fruit Breaded Chicken Patty Sliced Wheat Bread Broccoli Trees
11 **VETERANS DAY** Apple Sauce Classic Grilled Cheese Toasted Wheat Bread Steamed Carrots	**12** Sliced Peaches Breaded Chicken Tenders Super Hero Spinach	**13** Seasonal Fresh Fruit Tasty Beef Ravioli Steamed Carrots	**14** Diced Pears Chicken Teriyaki Hot Lo Mein Steamed Broccoli Crowns	**15** Seasonal Fresh Fruit Italian Bolognese Sauce Soft-Cooked Pasta Steamed Green Beans
18 Apple Sauce Tasty Beef Ravioli Garlicky Green Beans	**19** Sliced Peaches Breaded Chicken Patty Sliced Bread Cooked Sweet Potatoes	**20** Seasonal Fresh Fruit Italian Bolognese Sauce Soft-Cooked Pasta Roasted Zucchini	**21** Diced Pears Slow Cooked Turkey Country Gravy Mashed Potatoes	**22** Seasonal Fresh Fruit Classic Grilled Cheese Toasted Wheat Bread Sweet Plantains
25 Apple Sauce Tasty Beef Ravioli Orange Roasted Carrots	**26** Sliced Peaches Breaded Chicken Patty Sliced Bread Broccoli Trees	**27** Seasonal Fresh Fruit Classic Grilled Cheese Steamed Spinach	**28** **THANKSGIVING RECESS** Diced Pears Slow Cooked Turkey Country Gravy Mashed Potatoes	**29** **THANKSGIVING RECESS** Seasonal Fresh Fruit Breaded Chicken Tenders Sliced Bread Garlicky Green Beans

Offered Daily : Fruit -- Pears, Apples, Apple Slices, Melon, Watermelon, Banana

Available Upon Request: Toasted Cheese Sandwich

PLEASE NOTE : Whole milk is available for youngsters over 12 months. Formula is to be provided by the parent.

Menu is Subject to Change

Early Childhood Lunch Menu

NYC Department of Education

WHOLE GRAINS COUNCIL
Whole Grains at Every Meal