

## Center Menu 2

### November 20th- December 1st

	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Breakfast 8:30 AM	<b>Cereal</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Oatmeal 'Craisin Bars</b> Oatmeal & 'Craisins Brown Sugar & Agave Organic Butter Whole Wheat Flour <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Wheat Toast w/ Butter</b> <b>Yogurt</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>		<b>Cereal</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>
Snack 10 AM	Fresh Organic Fruit Water	Fresh Organic Fruit Water	Fresh Organic Fruit Water		Fresh Organic Fruit Water
Lunch 11:30 AM	<b>Turkey Sandwich</b> Wheat Bun Sliced Turkey Sliced Cheese <b>Organic Vegetable</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Spinach Spaghetti</b> Organic Spaghetti Ground Turkey Organic Spinach Organic Marinara Parmesan Cheese <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Minestrone</b> Organic Chicken Stock & Marinara Chopped Organic Spinach Black Beans Organic Mixed Vegetables Parboiled Rice <b>Whole Wheat Bread</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Happy Thanksgiving</b> <b>Centers Closed</b> :)	<b>Turkey Sandwich</b> Wheat Bun Sliced Turkey Sliced Cheese <b>Organic Vegetable</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>
Mini Meal 3PM	<b>Strawberry &amp; Cream</b> <b>Cheese Roll Ups</b> Strawberry Preserves Cream Cheese <b>Tortilla</b> <b>Water</b>	<b>Trail Mix</b> Veggie Crisps Cheerios Craisins <b>Cheese Slices</b> <b>Fresh Organic Veggie</b> <b>Water</b>	<b>Chicken Salad &amp; Triscuits</b> Shredded Organic Chicken Greek Yogurt Sour Cream <b>Fresh Organic Fruit</b> <b>Water</b>		<b>Homemade Pickles</b> <b>&amp; Cheese Slices</b> <b>Wheat Crackers</b> <b>Water</b>
	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1
Breakfast 8:30 AM	<b>Cereal</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Homemade Oat Bars</b> Old Fashioned Oats Organic Agave & Butter Vanilla <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Pancakes</b> Homemade Whole Wheat Pancake Mix Greek Yogurt & Milk <b>Organic Maple Syrup</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Carrot Cake Oatmeal</b> Old Fashioned Oats Grated Carrots Brown Sugar <b>Craisin's</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Cereal</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>
Snack 10 AM	Fresh Organic Fruit Water	Fresh Organic Fruit Water	Fresh Organic Fruit Water	Fresh Organic Fruit Water	Fresh Organic Fruit Water
Lunch 11:30 AM	<b>Chicken Noodle Soup</b> Organic Chicken Organic Chicken Stock Organic Carrots Organic Celery Whole Wheat Pasta <b>Wheat Multigrain Bread</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Taco Bake</b> Seasoned Gr. Turkey Jack's Organic Salsa Shredded Cheddar Jack Cheese <b>Tortilla</b> <b>Sour Cream</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Chicken Ranch Couscous</b> Organic Chicken Wheat Couscous Organics Peas Homemade Ranch <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Turkey Stroganoff</b> Whole Wheat Pasta Organic yogurt Sour Cream Organic Ground Turkey <b>Organic Vegetable</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>	<b>Homemade</b> <b>Mac &amp; Cheese</b> Pasta Heavy Cream Cheddar Jack & Parmesan Cheese <b>Organic Vegetable</b> <b>Fresh Organic Fruit</b> <b>Organic Milk</b>
Mini Meal 3PM	<b>Cottage Cheese &amp;</b> <b>Fruit</b> <b>Wheat Crackers</b> <b>Water</b>	<b>Pinwheel Sandwiches</b> Sliced Turkey Cream Cheese Rolled in Tortilla <b>Fresh Organic Veggie</b> <b>Water</b>	<b>Wheat Crackers &amp; Cheese</b> <b>Spread</b> Cream Cheese Diced Deli Turkey Worcestershire Garlic and Dill <b>Whole Wheat Crackers</b> <b>Fresh Organic Fruit</b> <b>Water</b>	<b>Strawberry &amp; Cream Cheese</b> <b>Roll Ups</b> Strawberry Preserves Cream Cheese Tortilla <b>Water</b>	<b>Wheat Crackers &amp; Organic</b> <b>Cucumbers</b> <b>Hummus Dip</b> <b>Water</b>