

CASTLE PRESCHOOL MENU

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Student Name: _____</p> <p>Classroom: _____</p> <p>_____ x \$3.00= _____</p> <p>Parent Signature _____</p>		<p>1</p> <p>whole wheat pancake(s) - syrup ** whole or 1% milk **</p> <p>baked chicken pasta with whole grain rotini Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>fresh <i>seasonal</i>/ apple 100% juice</p>	<p>2</p> <p><i>fresh baked whole grain</i> warm biscuit & jelly 100% fruit juice **</p> <p>turkey corn dog with whole grain breading **</p> <p>bbq white beans steamed broccoli cuts 1% milk **</p> <p>fresh orange 1% milk</p>
<p>5</p> <p>whole grain cereal medley <i>"whole corn & 'bit of frosted flakes"</i> 100% fruit juice **</p> <p>beef burger patty whole wheat burger bun baked tater wedge steamed carrot coins ketchup 1% milk **</p> <p>chilled diced pears in juice 1% milk</p>	<p>6</p> <p>whole wheat bread slice with european margarine 100% fruit juice **</p> <p>grilled cheese quesadilla Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch 1% milk **</p> <p>fresh-cut <i>seasonal</i> melon 1% milk</p>	<p>7</p> <p>pineapple tidbits in juice ** whole or 1% milk **</p> <p>chicken breast nuggets with whole grain breading sweet potatoes buttered cut corn ketchup 1% milk **</p> <p>fresh banana 1% milk</p>	<p>8</p> <p>fresh orange ** whole or 1% milk **</p> <p>classic red meatsauce & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p><i>fresh-cut pineapple chunks</i> 1% milk</p>	<p>9</p> <p>whole wheat french toast and syrup 100% fruit juice **</p> <p>King Ranch enchilada "bake" with whole corn tortillas ranchero pinto beans confetti squash medley <i>fresh</i> mild salsa 1% milk **</p> <p>vanilla yogurt "pudding" 1% milk</p>
<p>12</p> <p>wheat raisin bagel with grape/apple jelly 100% fruit juice **</p> <p>"sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk **</p> <p>fresh <i>seasonal</i>/ apple 1% milk</p>	<p>13</p> <p>fresh orange ** whole or 1% milk **</p> <p>cheddar cheese & MAC with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p><i>cheese and whole wheat roll</i> 100% juice</p>	<p>14</p> <p>fresh banana ** whole or 1% milk **</p> <p>baked steak fritters with whole grain breading mashed potatoes steamed cut carrots ketchup 1% milk **</p> <p>pineapple chunks in juice 100% juice</p>	<p>15</p> <p>whole grain cereal "the Os" ** whole or 1% milk **</p> <p>Roasted Turkey Breast with gravy sweet potatoes steamed green beans fresh baked whole wheat roll 1% milk **</p> <p><i>fresh melon wedge</i> 1% milk</p>	<p>16</p> <p>whole grain waffle syrup whole or 1% milk **</p> <p>warm "Greek" pita chicken & cheese in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice tzatziki sauce 1% milk **</p> <p><i>fresh banana</i> 1% milk</p>
<p>19</p> <p>toasted oats cereal and raisins 100% fruit juice **</p> <p>turkey frank whole wheat coney bun **</p> <p>baked tater wedge, ketchup steamed mixed vegetables 1% milk **</p> <p>fresh <i>seasonal</i>/ apple 1% milk</p>	<p>20</p> <p>fresh orange ** whole or 1% milk **</p> <p>tex-mex taco beef whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk **</p> <p>fresh banana 100% juice</p>	<p>21</p> <p>whole grain English muffin with jelly 100% fruit juice **</p> <p style="text-align: center;">THANKSGIVING FEAST</p> <p style="text-align: center;">SCHOOL CLOSSES AT 1:00PM AFTER LUNCH</p>	<p>22</p> <p style="text-align: center;"> Happy Thanksgiving SCHOOL CLOSED</p>	<p>23</p> <p style="text-align: center;"> Happy Thanksgiving SCHOOL CLOSED</p>
<p>26</p> <p>whole wheat bagel with light cream cheese 100% fruit juice **</p> <p>chicken ZOO crew with whole grain breading seasoned black beans steamed carrot coins ketchup 1% milk **</p> <p>fresh cut pineapple chunks 1% milk</p>	<p>27</p> <p>whole grain cereal medley <i>"toasted and fruity Os"</i> 100% fruit juice **</p> <p>beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup 1% milk **</p> <p>fresh <i>seasonal</i>/ apple 1% milk</p>	<p>28</p> <p>diced pears in juice ** whole or 1% milk **</p> <p>cheddar cheese & MAC with whole grain "elbows" steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>fresh banana 1% milk</p>	<p>29</p> <p>fresh-cut cantaloupe wedge ** whole or 1% milk **</p> <p>homestyle meatloaf in a light tomato brown gravy whole grain cornbread mashed potatoes steamed cut green beans 1% milk **</p> <p>mozzarella cheese stick 100% juice</p>	<p>30</p> <p>sliced apples in juice ** whole or 1% milk **</p> <p>grilled bean/cheese burrito in a whole grain tortilla wild & brown rice w/spinach mixed fruit in juice <i>fresh</i> mild salsa 1% milk **</p> <p>fresh orange 1% milk</p>