



## November Daycare Menu Carb Counts

### Daily Breakfast Menu

*All breakfast meals include string cheese, assorted fruit, and milk. Assorted varieties of cereal available daily.*

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal -read label String Cheese -1	Mini Waffles - 37 String Cheese- 1	Muffin - 28 String Cheese - 1	Cereal -read label String Cheese- 1	Bagel- 44 & Cream Cheese 1 String Cheese - 1

### Daily Lunch Menu

2	3	4	5	6
BBQ Beef 14 Bun 26 Tater tots 16 Diced Pears 16 Milk	<i>Bento Box 15 (turkey &amp; cheese slices with crackers)</i> Diced Peaches 14 Milk	Chicken Nuggets 12 Green Beans 3 Craisins 30 Milk	Beef Walking Tacos 2 Tortilla Chips 30 Apple Slices 11 Milk	Cheese Pizza 29 Romaine & Tomatoes 4 Applesauce Cup 13 Milk
9	10	11	12	13
Turkey Hot Dog on a Bun 28 Potato Wedges 20 Fruit Juice 16 Milk	Italian Dunkers 28 Marinara 8 Baby Carrots 3 String Cheese 1 Craisins 30 Milk	Cheesy 13 Chips 30 Refried Beans 16 Salsa 3 Diced Pears 16 Milk	Skim Milk – 11 1% - 11 Choc – 19 Ketchup – 2 Ranch – 4	Cheeseburger 4 on a Bun 26 Corn 5 Diced Peaches Milk
16	17	18	19	20
Turkey Corn Puppies 33 Green Beans 3 Applesauce Cup 13 Milk	<i>Grab &amp; Go 44 (string cheese, yogurt, &amp; bread slice)</i> Baby Carrots 16 Craisins 30 Milk	Chicken Sandwich 13 Bun – 26 Tater tots 15 Mandarin Oranges Milk	Grilled Cheese 35 Romaine & Tomatoes 4 Fruit Juice 16 Milk	Beef Fiesta Nachos with Bean Salsa 29 Tortilla Chips 30 Orange Wedges 16 Milk
23	24	25	26	27
BBQ Beef 14 Bun 26 Tater tots 16 Diced Pears 16 Milk	<i>Bento Box 15 (turkey &amp; cheese slices with crackers)</i> Diced Peaches 14 Milk	No School	No School	No School

This institution is an equal opportunity