

NOVEMBER

PRE-KINDER


Milk will be offered with every meal.

Sugar & Spice

Pumpkin season isn't over yet! Thanksgiving is filled with all things pumpkin. Below is a fun and easy recipe for pumpkin seeds.

1. Toss Pumpkin seeds in melted butter, sugar, cinnamon, nutmeg, and allspice.
2. Bake at 300 degrees until golden brown- around 30 minutes.



Monday	Tuesday	Wednesday	Thursday	Friday
October 31 <i>Happy Halloween!</i> Spaghetti with Meat Sauce and Garlic Toast Seasoned Green Beans Fruit Cup	November 1 Nachos Refried Beans Tossed Salad Fresh Apples	2 Country Bowl with Popcorn Chicken, Creamy Mashed Potatoes, and Sweet Corn Hot Roll Fruit Cup	3 Mini Corn Dogs Macaroni & Cheese Seasoned Vegetables Fruit Cup	4 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
7 Cheese Pizza Seasoned Vegetables Strawberries and Cream	8 Soft Tacos Pinto Beans Lettuce & Tomato Orange Slices	9 Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	10 Hot Dog Baked Chips Carrot Dippers Frozen Fruit Treat	11 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
14 Cheese of Pizza Seasoned Vegetables Banana Sundaes	15 Tornados Pinto Beans Spanish Rice Fruit Cup	16 	17 Popcorn Chicken Rice Seasoned Vegetables Fruit Salad	18 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit

Happy Thanksgiving

Breakfast

An option of fresh fruit or fruit cup and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 10/31 & 11/14	Waffles	Breakfast Pizza	Pig in a Blanket	Breakfast Taco	Croissant
Week of 11/7	Cereal & Grahams	Pancake Wrap	Breakfast Sandwich	Yogurt & Grahams	Biscuits & Sausage