






FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November Snack Menu

This menu is subject to change

		1 Waffles w/Bananas Cheese-It w/ Apple Sauce	2 Oatmeal w/ Strawberries Wheat Bagel Thins w/ Cream Cheese	3 Cheerios w/ Milk Fresh Fruit Yogurt & Animal Crackers
6 Egg and Turkey Sausage w/ English Muffin String Cheese and Fresh Fruit	7 Blueberry Muffin w/ Milk Bean & Cheese Dip w/ Tortilla Chips	8 French Toast w/ Fruit Compote Pretzel Twists w/ Cream Cheese	9 Cream of Wheat and Fresh Fruit Strawberry Yogurt w/ Vanilla Wafers	10 
13 Turkey Bacon Scramble w/ Wheat Toast Cheerios w/ Yogurt and Fresh Fruit	14 Egg and Cheese Burrito Fresh Fruit Smoothie w/ Wheat Pretzels	15 Oatmeal Bars w/ Fresh Fruit Mini Quesadilla w/ Fresh Fruit	16 Waffles w/Bananas Cheese-It w/ Apple Sauce	17 Oatmeal w/ Blueberries Wheat Bagel Thins w/ Cream Cheese
20 Cheerios w/ Milk Fresh Fruit Yogurt & Animal Crackers	21 Blueberry Muffin w/ Milk Bean and Salsa Dip w/ Tortilla Chips	22 French Toast w/ Fruit Compote Pretzel Twists w/ Cream Cheese	23 	24 
27 Cream of Wheat w/ Strawberries Blueberry Yogurt w/ Vanilla Wafers	28 Turkey Bacon Scramble w/ Wheat Toast Mini Quesadilla w/ Fresh Fruit	29 Oatmeal Bars w/ Yogurt Cheese-It w/ Apple Sauce	30 Waffles w/ Fruit Compote Vanilla Yogurt w/Wheat Cereal	



- This menu is subject to change.
- 1% Milk is served to children 2 and up.
- 2% Milk is served to children under 2 yrs.
- Water is served with every snack and is our primary source of beverage.
- A ½ serving of fresh fruits and/or vegetables is served with every snack.