

Vegetarian Menu

Little Jewels is



November

Thursday, November 1st

Friday, November 2nd

Hash brown casserole, pears

Sn: Apple slices w/ string cheese

Fettuccini alfredo, peas, pears

Sn: Sn: Ranch Oyster Crackers

Whole wheat French toast stix, mandarin oranges

Sn: Ritz crackers, juice

Veggie burger sliders, tator tots, mandarin oranges

Sn: Trail mix

Monday, November 5th

Tuesday, November 6th

Wednesday, November 7th

Thursday, November 8th

Friday, November 9th

Golden Grahams, applesauce

Sn: Raisins, goldfish

Tod: Goldfish, juice

Veggie burger, peas, applesauce

Sn: Nutrigrain bars

Pumpkin bread, fruit mix

Sn: Chex mix, juice

Spaghetti w/ veggie meat sauce, salad w/ranch, fruit mix

Sn: Bananas, cheerios

Cinnamon rolls, pears

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Black bean salad, mashed potatoes, green beans, pears

Sn: Popcorn, juice

Tod: Puffed corn, juice

English muffins w/ egg patty, peaches

Sn: Grapes, yogurt

Tod: Fruit, yogurt

Breadstick, veg broth w/ California blend veggies, peaches

Sn: Apple crisp, water

Biscuits and gravy, pineapple

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Vegetarian Sloppy joe on bun, corn, pineapple

Sn: Cheese Ritz bits, juice

Healthy Eating Tips for Kids... (Pssst...parents, we can't do it without you!)

#5 Eat Together

It's tempting to eat dinner in front of the television, to wolf down lunch at your desk, and to grab snacks on the run.

If you can encourage your children to eat regular meals with you at the table, it can not only reduce snacking, it can also teach valuable social skills.

Happy Thanksgiving



Monday, November 12th

Tuesday, November 13th

Wednesday, November 14th *LS*

Thursday, November 15th

Friday, November 16th

Vegetarian Menu

Rice Krispies, mandarin oranges

Sn: Fruit smoothies

Cheese quesadillas, green beans, mandarin oranges

Sn: Saltines, American cheese

Banana bread, pears

Sn: Cucumber slices w/ ranch

(peeled for Tod's)

Grilled Cheese sand, veggie chili, pears

Sn: Animal crackers, milk

Omelets, fruit mix

Sn: Rice cakes, juice

Avanti's Lunch

Sn: Cinnamon diced apples, graham crackers

Waffles, peaches

Sn: Celery w/ soy butter

Tod: Veggie straws

Veggie meatballs, mashed potatoes, carrots, peaches

Sn: Pretzels w/ ranch

Oatmeal w/apples, butter toast

Sn: Cottage cheese, juice

Pizza Pasta, salad w/ ranch, pineapple

Sn: Trail mix



Monday, November 19th

Tuesday, November 20th

Wednesday, November 21st

Thursday, November 22nd

Friday, November 23rd

Kix cereal, pears

Sn: Raisins, goldfish

Tod: Goldfish, juice

Veggie corn dogs, cooked carrots, pears

Sn: String cheese & tortilla wrap

Apple Spice bread, mandarin oranges

Sn: Gogurt, juice

Soy butter sandwich, veggie soup, mandarin oranges

Sn: Cheddar cheese cubes, pita chips

Whole wheat french toast stix, fruit mix

Sn: Graham crackers, applesauce

Thankful for Parents Day Lunch

Sn: Veggie Straws, juice

Closed for Thanksgiving

Closed for Thanksgiving

Monday, November 26th

Tuesday, November 27th

Wednesday, November 28th

Thursday, November 29th

Friday, November 30th

Crispix cereal, peaches

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Goulash w veg. beef, corn, peaches

Sn: Cheese Ritz bits, water

Blueberry bread, fruit mix

Sn: Apple slices w/ soy butter

Hummus sand, cheesy potato soup, cooked carrots, fruit mix

Sn: Peach crisp, water

Cinnamon toast, mandarin oranges

Sn: Animal crackers, milk

Baked mac n cheese bites, green beans, mandarin oranges

Sn: Chips, salsa

Yogurt w/ rice krispies, applesauce

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Veg. chicken, peas, applesauce

Sn: Cheez-its, juice

Pancakes, pears

Sn: Pita chips, hummus

Pizza, salad w/ ranch, pears

Sn: 100 Calorie Oreo crisps, milk

Dear parents,

We are so thankful for all that you do for us every day. You are invited to join me for an activity and lunch on Wednesday, November 21st at Little Jewels during my lunch time. Don't worry, my teacher will send more information soon!

I hope you can make it.

Love,

Your Little Jewel

Thankful grateful

November