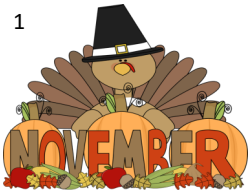





**Ebenezer**

CHILD CARE FROM THE HEART

# November 2020 Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Corn Bread Muffins Pineapple  Ham & Saltines	3 Toasted Oats Cereal Applesauce  Soy butter & jelly	4 Corn Flakes Pears  Cottage Cheese	5 WW Toast w/ Jelly Apricots  Yogurt & Fruit Parfait	6 WW Biscuits Bananas  Oranges	7
8	9 Morning Glory Muffins Strawberries  WW Toast	10 Kix Cereal Pears  Soft Pretzels	11 WW English Muffins Peaches  Fresh Veggies	12 Rice Chex Plums  WW Turkey Roll Up	13 Yogurt Apple Slices  Nachos w/	14
15	16 WW English Muffin Pears  Bread Sticks	17 WW Pancakes Applesauce  Baby Carrots	18 Hard Boiled Eggs Peaches  Pumpkin Muffin	19 Crisp Rice Cereal Bananas  String Cheese	20 Bran Flakes Oranges  Graham Crackers	21
22	23 Toasted Oats Cereal Fruit Cocktail  Egg Salad	24 Strawberry Bread Peaches  Cr Cheese Ants on Log	25 Corn Flakes Bananas  Trail Mix	26 Bagels w/Soy Butter Apricots  Cottage Cheese	27 Corn Bread Muffins Plums  Lady Bug Apples	28
29	30 Apple Oatmeal Pineapple  SoyButt/Jelly w/Cracker			<p><b>All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</b></p>		



**Ebenezer**

CHILD CARE FROM THE HEART

# November 2020

## Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 	<p>2</p> <p>Lasagna Garden Salad WW Roll w/Butter Peaches</p>	<p>3</p> <p>Fish Nuggets Rice Medley Green Peas Fruit Cocktail</p>	<p>4</p> <p>Egg Casserole w/Turkey Sausage Broccoli WW Toast</p>	<p>5</p> <p>Chicken Noodle Soup Cheese Sticks Fresh Veggies &amp; Dip Assorted Crackers</p>	<p>6</p> <p>Beef Taco Skillet Green Beans Chips &amp; Salsa Fresh Fruit</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>Beef &amp; Noodle Casserole Fresh Pea Pods Apricots</p>	<p>10</p> <p>Baked Ham Vegetable Medley WW Bread/Butter Mandarin Oranges</p>	<p>11</p> <p>Creamed Turkey w/Rice Broccoli Pineapple</p>	<p>12</p> <p>Tuna Noodle Casserole Peas Pears</p>	<p>13</p> <p>Cheese WW Quesadilla Rice Medley Corn Fruit Cocktail</p>	<p>14</p> 
<p>15</p> 	<p>16</p> <p>Pasta Toss w/ Veggies Cheese Slice Broccoli Mandarin Oranges</p>	<p>17</p> <p>Beef Chop Suey w/Chow Mein Noodles Green Beans WW Bread/Butter</p>	<p>18</p> <p>Chicken Chowder Diced Carrots WW Roll w/ Butter Pineapple</p>	<p>19</p> <p>Spaghetti w/Meat Sauce Garden Salad Soft WW Bread Stick Plums</p>	<p>20</p> <p>Mini Corn Dogs Mixed Vegetables Tator Tots WW Bread/Butter</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>Turkey w/ Gravy Mashed Potatoes Peas WW Bread/Butter</p>	<p>24</p> <p>Taco Casserole w/ WW Soft Shells Golden Corn Applesauce</p>	<p>25</p> <p>Chicken Parmesan WW Sandwich Green Beans Mandarin Oranges</p>	<p>26</p> <p><b>Happy Thanksgiving!</b> <b>Centers Closed</b></p>	<p>27</p> <p>Ham WW Sandwich Baked Potato Chips Carrot Sticks Pears</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>WW Bean Burrito w/ Cheese Golden Corn Rice Medley</p>	<p><b>All lunches served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</b></p>				