

# HEAD START November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Whole Grain Blueberry Muffin Peaches  Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	2 Yogurt Whole Grain Granola  Whole Grain Dino Tenders Steamed Rice Steamed Carrots Fruit Serving	3 Whole Grain Cornflakes Banana  Whole Grain Buttered Noodles & Broccoli All Beef Meatballs Mandarin Oranges Vegetable Serving	4 Fresh Fruit Cup Whole Grain Cranberry Bread  Chicken & Cheese Soft Whole Grain Taco Steamed Rice Corn Fruit Serving
7 Scrambled Egg & Cheese Whole Grain Wrap Clementine  Whole Grain Popcorn Chicken Stamed Rice Apple Slices Vegetable Serving	8 <b>STAFF            IN-SERVICE</b>	9 Fruit Smoothie Whole Grain Biscuit  Whole Grain Pancakes Turkey Bacon Applesauce Sweet Potatoes	10 <b>SCHOOL            CLOSED</b>	11 <b>SCHOOL            CLOSED</b>
14 Whole Grain Pancakes Turkey Sausage  Whole Grain Chicken Sticks Dinner Roll Apple Slices Vegetable Serving	15 Whole Grain Blueberry Muffin Peaches  Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	16 Yogurt Whole Grain Granola  Whole Grain Chicken Bites w/Sweet & Sour Dipping Sauce Steamed Rice Pineapple Chunks Vegetable Serving	17 Whole Grain Cornflakes Banana  Cheeseburger Whole Grain Bun Hash Brown Steamed Corn Fruit Serving	18 Fresh Fruit Cup Whole Grain Cranberry Bread  Whole Grain Chicken Parm Sub Parmesan Potatoes Fresh Apple Vegetable Serving
21 Scrambled Egg & Cheese Whole Grain Wrap Clementine  Whole Grain Buttered Noodles All Beef Meatballs Applesauce Vegetable Serving	22 Whole Grain Cranberry Muffin Mandarin Oranges  Thanksgiving Whole Grain Chicken Tenders Dinner Roll Steamed Corn Fruit Serving	23 Fruit Smoothie Whole Grain Biscuit  Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	24 	25 
28 Whole Grain Pancakes Turkey Sausage  Whole Grain Dino Tenders Steamed Rice Orange Slices Vegetable Serving	29 Whole Grain Blueberry Muffin Peaches  Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	30 Yogurt Whole Grain Granola  Whole Grain Mac & Cheese Turkey Sausage Baked Cinnamon Apples Vegetable Serving		

**"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"**  
 Portions suggested by the USDA Child and Adult Care Food Program  
 Head Start children ages 3-5 years are served 1% or nonfat milk and water with meals  
 E.H.S. children ages 0-2 years are served whole milk with meals  
 HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.

Simply Gourmet LLC  
**MENU SUBJECT TO CHANGE WITHOUT NOTICE**