


NOVEMBER 2023

Dover Site Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 B-Whole Grain Waffle Apple Juice L-Meat Sauce with Whole Grain Pasta Green Beans Apricots S-Whole Grain Graham Crackers Milk	02 B-Whole Grain Bagel Sliced Peaches L-Rice Beans Tomato Salsa Sliced Carrots Sliced Pears S-Strawberries Cucumbers Whole Grain Crackers	03 B-Cheerios Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli Watermelon S-Blueberry Yogurt Animal Crackers
06 B-Whole Wheat English Muffin Applesauce L-Chicken Nuggets Chickpea Salad Rice Mixed Vegetables Mandarin Oranges S-Strawberry Yogurt Animal Crackers	07 IN SERVICE SCHOOL CLOSED FOR STUDENTS	08 B-Whole Grain Waffle Apple Juice L-Meat Sauce with Whole Grain Pasta Green Beans Apricots Sweet Potatoes S-Whole Grain Graham Crackers Milk	09 SCHOOL CLOSED	10 SCHOOL CLOSED
13 B-Whole Wheat English Muffin Applesauce L-Hamburger Whole Grain Bun Peas Mandarin Oranges S-Strawberry Yogurt Animal Crackers	14 B-Whole Grain Bagel Sliced Peaches L-Rice Beans Tomato Salsa Avocado Sliced Carrots Sliced Pears S-Cucumbers Whole Grain Goldfish	15 B-Whole Grain Pancakes Apple Juice L-Grilled Cheese Whole Grain Bread Tomato Soup Green Beans Apricots S-Whole Grain Graham Crackers Milk	16 B-Scrambled Eggs Corn Muffin Orange Juice L-Chicken Fajita Whole Grain Tortilla Shredded Cheese Tomatoes, Corn, Lettuce Pineapple S-Strawberries Cucumbers Whole Grain Crackers	17 B-Kix Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli Apples S-Blueberry Yogurt Animal Crackers
20 B-Whole Grain Oatmeal with Raisins Grape Juice L-Chicken Nuggets Chickpea Salad Rice Mixed Vegetables Mandarin Oranges S-Strawberry Yogurt Animal Crackers	21 B-Scrambled Eggs Whole Wheat Blueberry Muffin Orange Juice L-Chicken Fajita Whole Grain Tortilla Shredded Cheese Tomatoes, Corn, Lettuce Pineapple S-Cucumbers Whole Grain Goldfish	22 B-Whole Grain Waffle Apple Juice L-Meat Sauce with Whole Grain Pasta Green Beans Apricots S-Whole Grain Graham Crackers Milk	23 	24 SCHOOL CLOSED
27 B-Whole Wheat English Muffin Apple Sauce L-Hamburger Whole Grain Bun Peas Potato Wedges Mandarin Oranges S-Strawberry Yogurt Animal Crackers	28 B-Scrambled Eggs Corn Muffin Orange Juice L-Chicken Fajita Whole Grain Tortilla Shredded Cheese Tomatoes, Corn, Lettuce Pineapple S-Cucumbers Whole Grain Goldfish	29 B-Whole Grain Pancake Apple Juice L-Grilled Cheese Whole Grain Bread Tomato Soup Green Beans Apricots S-Whole Grain Graham Crackers Milk	30 B-Whole Grain Bagel Sliced Peaches L-Rice Beans Tomato Salsa Sliced Carrots Sliced Pears S-Strawberries Cucumbers Whole Grain Crackers	

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Portions suggested by the USDA Child and Adult Care Food Program
 Head Start children ages 2-5 years are served 1% or nonfat milk and water with meals
 E.H.S. children ages 0-23 months are served whole milk with meals
 HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.
 MENU SUBJECT TO CHANGE WITHOUT NOTICE