



November 2007 -Smarty Pants Playschool Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Every breakfast and lunch will be served with whole milk. Morning snack will be served with water. Afternoon snack will be served with 100% fruit juice.</p>				1	2 	3
						
4	5	6	7	8	9	10
11	<p>12 B: maple or apple oatmeal with apples or bananas MS: fruit dippers, & yogurt L: Mac n' cheese, green beans, peaches & cottage cheese AS: Ants on a log</p>	<p>13 B: wheat toast or bagel, scrambled eggs & oranges MS: graham crackers & apple-sauce L: chicken nuggets, rice, peas, carrots & pears AS: cheese sticks & pretzels</p>	<p>14 B: blueberry or cranberry pancakes MS: frozen go-gurt w/cheerios L: cheese crisps, refried beans, corn & pineapple AS: oatmeal cookies & bananas</p>	<p>15 B: banana bread & cantaloupe MS: pretzels, craisons & apple slices L: spaghetti, zucchini sticks, AS: veggie sticks & hummus</p>	<p>16 B: bananas or peaches & cheerios MS: goldfish crackers & apples L: Grilled cheese w/tom soup, cantaloupe & cottage cheese AS: rice cakes, peanut butter & bananas</p>	17
18	<p>19 B: wheat toast or bagel, scrambled eggs & oranges MS: graham crackers & apple-sauce L: chicken nuggets, rice, peas, carrots & pears AS: cheese sticks & pretzels</p>	<p>13 B: blueberry or cranberry pancakes MS: frozen go-gurt w/cheerios L: cheese crisps, refried beans, corn & pineapple AS: oatmeal cookies & bananas</p>	<p>21 B: banana bread & cantaloupe MS: pretzels & craisons L: spaghetti, zucchini sticks, French bread & oranges AS: veggie sticks & hummus/ranch</p>	22 <i>Thanksgiving Break</i>	23 <i>Thanksgiving Break</i>	24
25	<p>26 B: bananas or peaches & cheerios MS: goldfish crackers & apples L: Grilled cheese w/tom soup, cantaloupe & cottage cheese AS: rice cakes, peanut butter & bananas</p>	<p>27 B: maple or apple oatmeal with apples or bananas MS: fruit dippers, & yogurt L: Mac n' cheese, green beans, peaches & cottage cheese AS: Ants on a log</p>	<p>28 B: wheat toast or bagel, scrambled eggs & oranges MS: graham crackers & apple-sauce L: chicken nuggets, rice, peas, carrots & pears AS: cheese sticks & pretzels</p>	<p>29 B: blueberry or cranberry pancakes MS: frozen go-gurt w/cheerios L: cheese crisps, refried beans, corn & pineapple AS: oatmeal cookies & bananas</p>	<p>30 B: banana bread & cantaloupe MS: pretzels, craisons & apple slices L: spaghetti, zucchini sticks, AS: veggie sticks & hummus</p>	1