

CHILDLIFE MENU

Meal plan for the week beginning: 11/2/2009

| Monday November 02 | Tuesday November 03 | Wednesday November 04 | Thursday November 05 | Friday November 06 |
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| <u>Snack</u> Cereal with Milk | <u>Snack</u> Cereal with milk | <u>Snack</u> Yogurt with Granola | <u>Snack</u> Muffins and Fruit | <u>Snack</u> Cookies with Juice |
| <u>Lunch</u> Mac and cheese with beef franks and peas with Apple Sauce | <u>Lunch</u> PBJ Sandwich with Veggie Dipper and Apple Sauce | <u>Lunch</u> Ravioli, green beans and pineapple | <u>Lunch</u> Turkey and Cheese Stackers with Corn and peaches | <u>Lunch</u> Pizza with Salad and Fresh fruit |
| <u>Snack</u> Pretzels with cheese sauce and water | <u>Snack</u> Graham Crackers with Fruit Juice | <u>Snack</u> Cookies with Pudding | <u>Snack</u> Raisins and cheerioes trail mix with water | <u>Snack</u> Popcorn with Juice |

Meal plan for the week beginning: 11/9/2009

| Monday November 09 | Tuesday November 10 | Wednesday November 11 | Thursday November 12 | Friday November 13 |
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| <u>Snack</u> Yogurt with Granola | <u>Snack</u> Cereal with Bananas | <u>Snack</u> Hard boiled egg with fruit and Water | <u>Snack</u> Pancakes with Syrup and milk | <u>Snack</u> Cereal with Milk |
| <u>Lunch</u> Fish Sticks with Corn and fresh fruit | <u>Lunch</u> Sloppy Joes with Chips and Fruit | <u>Lunch</u> Chicken with Rice, Green Beans and fruit | <u>Lunch</u> PBJ Sandwich with Veggie Dipper and Fruit | <u>Lunch</u> Pizza with Salad and Fresh Fruit |
| <u>Snack</u> Crackers and Fruit Juice | <u>Snack</u> Cookies & Fresh fruit | <u>Snack</u> Veggies and dressing with Saltines | <u>Snack</u> Cookies with Juice | <u>Snack</u> Apple Sauce and Graham Crackers |

Meal plan for the week beginning: 11/16/2009

| Monday November 16 | Tuesday November 17 | Wednesday November 18 | Thursday November 19 | Friday November 20 |
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| <u>Snack</u> Yogurt & Cereal | <u>Snack</u> Muffins with Milk | <u>Snack</u> Cereal with Milk | <u>Snack</u> Starbuckish Oatmeal with Fruit & Pecans | <u>Snack</u> Cookies with Juice |
| <u>Lunch</u> Spaghetti with veggie meat sauce and pears | <u>Lunch</u> PBJ Sandwich with Veggie Dipper and Apple Sauce | <u>Lunch</u> Hotdogs with french fries and Apple | <u>Lunch</u> Pizza with Salad and Fresh fruit | <u>Lunch</u> Friendship Soup and Thanksgiving Dessert |
| <u>Snack</u> Rice Crispy Bars with Milk | <u>Snack</u> Graham Crackers with Fruit Juice | <u>Snack</u> Banana pudding | <u>Snack</u> Raisins and cheerioes trail mix with water | <u>Snack</u> Popcorn with Juice |

Meal plan for the week beginning: 11/23/2009

| Monday November 23 | Tuesday November 24 | Wednesday November 25 | Thursday November 26 | Friday November 27 |
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| <u>Snack</u> Hard boiled egg with fruit and Water | <u>Snack</u> Breakfast bars with Milk | <u>Snack</u> Cereal with Bananas | <u>Snack</u> Thanksgiving Day - CLOSED | <u>Snack</u> Day After Thanksgiving- CLOSED |
| <u>Lunch</u> Chili with Mash Potatoes and fruit | <u>Lunch</u> Chicken Nuggets with Fries and fresh fruit | <u>Lunch</u> Hotdogs with Baked beans and fruit | <u>Lunch</u> | <u>Lunch</u> |
| <u>Snack</u> Apple Sauce and Graham Crackers | <u>Snack</u> Cookies with Milk | <u>Snack</u> Veggies and Dressing with Crackers | <u>Snack</u> | <u>Snack</u> |