

### Tuesday – November 8th

Am Snack- Cheerios and Milk

Lunch- Homemade 3 cheese Mac and Cheese, Roasted Acorn Squash, Oranges and Milk

Pm- Soy nut butter and Graham crackers

### Wednesday– November 9th

Am snack- Cinnamon Raisin swirl bread and Bananas

Lunch- “dirty rice” (red beans, brown rice and turkey sausage or veggie alternative) pears and milk

Pm snack- animal crackers and Grape Juice

### Thursday - November 10<sup>th</sup>

Am- Bagels and cream cheese with apple sauce

Lunch – Manicotti Pasta with Organic Marinara sauce, spinach salad and peaches

Pm snack- Whole Wheat Crackers and Cheddar

### Friday- November 11<sup>th</sup>

Am Snack- Whole Grain biscuits and pears

Lunch- Butternut squash soup, Naan Bread, garbanzo beans, and milk

Pm snack- Fresh Cucumbers and ranch, with whole wheat crackers