

CHAMPLAIN ISLAND PARENT CHILD CENTER MONTHLY MENU

NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1- B: ENGLISH MUFFINS/GRAPES/MILK L: BBQ CHICKEN WRAP, ROASTED CORN, CANTALOUPE/MILK S: ANIMAL CRACKERS/HONEYDEW/WATER	2- B: CHEERIOS/BANANAS/MILK L: HAM AND CHEESE SANDWICH/CUCUMBER/WATERMEL ON/MILK S: RITZ/PLUMS/WATER	3- B: OATMEAL/BLUEBERRIES/MILK L: BEEF STEW WITH VEGGIES/STRAWBERRIES/BISCUITS/ MILK S: GRAPES/CHEESE CHUNKS/WATER
6- B: TOAST/CLEMENTINES/MILK L: BAKED ZITI/CORN/CANTALOUPE/MILK S: BERRIES	7- B: EGG AND CHEESE WRAP/GRAPES/MILK L: CHICKEN TENDERS/POTATOES/PEACHES/GAR LIC BREAD/MILK S: GRAHAM CRACKER/APPLES/WATER	8- B: ENGLISH MUFFIN/GRAPES/MILK L: HAM/SQUASH BAKE/NOODLES/PEACHES S: BANANA SOY NUT WRAPS/WATER	9- B: TOTAL/BERRIES/MILK L: CHICKEN RICE SOUP/CARROTS/APPLES S: YOGURT/STRAWBERRIES/WATER	10- B: BAGELS/STRAWBERRIES/MILK L: BEEF AND BROCCOLI/RICE/PINEAPPLE/MILK S: CHICKEN SALAD/CRACKERS/WATER
13- B: CHEERIOS/BANANA/MILK L: GOULASH/PEAS/PEACHES/MILK S: CHEESE/GRAPES/WATER	14- B: OATMEAL/BLUEBERRIES/MILK L: HAM AND CHEESE WRAPS/CUCUMBERS/CANTALOUPE /MILK S: CHEESE QUESADILLAS/WATER	15- B: KIX CEREAL/BANANAS/MILK L: SLOPPY JOES/MIXED VEGGIES/ORANGES S: VEGGIES/TOWNHOUSE CRACKERS/WATER	16- B: PUMPKIN MUFFINS/CLEMENTINES/MILK Thanksgiving Day Meal~Turkey, Mashed Potatoes, Stuffing, Squash, Cranberry Sauce S: BERRY BANANA SPLIT/WATER	17- B: TOAST/APPLES/MILK L: GRILLED CHEESE/TOMATO SOUP/CARROTS/WATERMELON/MILK S: HARD BOILED EGGS/PINEAPPLE/WATER
20- B: CINNAMON TOAST/APPLES/MILK L: TURKEY SOUP/BISCUITS/MIXED VEGGIE/ GREEN BEANS S: GOLDFISH/GRAPES/WATER	21- B: STRAWBERRY JUMPING FRENCH TOAST/MILK L: RAINBOW BAKE/ASPARAGUS/MILK S: CORN CHIPS/CRACKERS/SALSA/WATER	22- B: CHEERIOS/BANANA/MILK L: TUNA FISH SANDWICH/GREEN BEANS/ORANGES S: CRACKERS/CHEESE/WATER	23- Thanksgiving ~Center Closed~	24- ~Center Closed~
27- B: TOAST/APPLES/MILK L: MACARONI AND CHEESE/BROCCOLI/ORANGES S: ANIMAL CRACKERS/FRUIT/WATER	28- B: BAGELS/CREAM CHEESE/PEACHES/MILK L: HOT TURKEY SANDWICH/MASHED POTATOES/GREEN BEANS S: EGG SALAD WRAPS/WATER	29- B: PORRIDGE/MIXED BERRIES/MILK L: SHEPHERD'S PIE/DINNER ROLL/PEACHES S: TOOTIE FRUITY CHIP DIP/PITAS/WATER	30- B: PANCAKES/BLUEBERRIES/MILK L: PASTA SALAD WITH/HAM/CUCUMBERS/STRAWBER RIES S: BUNNY STICKS/RITZ/WATER	