



NOVEMBER MENU

* Meal and meal component substitutions made by Little Cocoa Bean may occur without notice and will meet or exceed all SLP or CACFP meal pattern requirements.

* Meal and meal component substitutions requested by the customer, may not meet all SLP or CACFP meal pattern requirements.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>4 Breakfast: wg cereal (1oz.), fruit (1ea.)</p> <p>Lunch: turkey meatloaf (4 oz.) w/mashed potatoes (3/4 cup), veggies & fruit Snack: cheese & wg crackers</p>	<p>5 Breakfast: wg muffin (2oz.), fruit (1 ea.)</p> <p>Lunch: chicken teriyaki dumplings (4 ea./ 4 oz) with wg brown rice, veggies (3/4 cup) and fruit Snack: pretzels & fruit</p>	<p>6 Breakfast: bagel (3 oz.), fruit (1 ea.)</p> <p>Lunch: cream cheese & jam ww roll up with a veggie cup (3/4 cup) & fruit Snack: apple sauce & cheese square</p>	<p>7 Breakfast: wg muffin (2oz.), fruit (1 ea.)</p> <p>Lunch: turkey (2 slices) and cheese (1 slice) sandwich w/spinach & avocado spread, fruit Snack: fruit bites, wg crackers</p>	<p>8 Professional Development Day</p>	
	<p>11 Veteran's Day</p>	<p>12 Breakfast: wg cereal (1oz.), fruit (1ea.)</p> <p>Lunch: cream cheese & jam ww roll up with a veggie cup (3/4 cup) & fruit Snack: cheese & wg crackers</p>	<p>13 Breakfast: wg muffin (2oz.), fruit (1 ea.)</p> <p>Lunch: chicken bone broth ramen with vegetables, fruit Snack: pretzels & fruit</p>	<p>14 Breakfast: wg cereal (1oz.), fruit (1ea.)</p> <p>Lunch: turkey (2 slices) and cheese (1 slice) sandwich w/spinach & avocado spread, fruit Snack: squeeze pouch, wg graham crackers</p>	<p>15 Breakfast: bagel (3 oz.), fruit (1 ea.)</p> <p>Lunch: turkey meatloaf (4 oz.) w/mashed potatoes (3/4 cup), veggies & fruit Snack: fruit bites, wg crackers Allergen Free/ Vegan Lunch: Baked veggie tots w/ketchup</p>	
	<p>18 Breakfast: wg cereal (1oz.), fruit (1ea.)</p> <p>Lunch: chicken teriyaki dumplings (4 ea./ 4 oz) with wg brown rice, veggies (3/4 cup) and fruit Snack: cheese & wg crackers</p>	<p>19 Breakfast: wg muffin (2oz.), fruit (1 ea.)</p> <p>Lunch: turkey meatloaf (4 oz.) w/mashed potatoes (3/4 cup), veggies & fruit Snack: squeeze pouch, wg graham crackers</p>	<p>20 Breakfast: bagel (3 oz.), fruit (1 ea.)</p> <p>Lunch: chicken bone broth ramen with vegetables, fruit Snack: pretzels & fruit</p>	<p>21 Breakfast: wg muffin (2oz.), fruit (1 ea.)</p> <p>Lunch: turkey (2 slices) and cheese (1 slice) sandwich w/spinach & avocado spread, fruit Snack: fruit bites, wg crackers</p>	<p>22 Breakfast: wg cereal (1oz.), fruit (1ea.)</p> <p>Lunch: cream cheese & jam ww roll up with a veggie cup & fruit Snack: apple sauce & cheese square</p>	
	<p>25 Breakfast: bagel (3 oz.), fruit (1 ea.)</p> <p>Lunch: cream cheese & jam ww roll up with a veggie cup & fruit Snack: fruit bites, wg crackers</p>	<p>26 Breakfast: wg muffin (2oz.), fruit (1 ea.)</p> <p>Lunch: chicken bone broth ramen with vegetables, fruit Snack: squeeze pouch, wg graham crackers</p>	<p>27 Breakfast: wg cereal (1oz.), fruit (1ea.)</p> <p>Lunch: turkey (2 slices) and cheese (1 slice) sandwich w/spinach & avocado spread, fruit Snack: pretzels & fruit</p>	<p>28 Thanksgiving Break</p>	<p>29</p>	



ALLERGENS LIST

CONTAINS DAIRY

CREAM CHEESE & JAM WHOLE WHEAT ROLL UP
WHOLE GRAIN MUFFIN
TURKEY AND CHEESE SANDWICH

CONTAINS EGGS

WHOLE GRAIN MUFFIN

CONTAINS WHEAT

BAGEL
CHICKEN TERIYAKI DUMPLINGS
TURKEY AND CHEESE SANDWICH
TURKEY MEATLOAF W/MASHED POTATOES

CONTAINS SOY

CHICKEN TERIYAKI DUMPLINGS
CHICKEN BONE BROTH RAMEN

