



# VEGAN & ALLERGEN 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><b>4</b>  <b>Breakfast:</b> wg cereal (1oz.), fruit (1ea.)</p> <p><b>Lunch:</b> turkey meatloaf (4 oz.) w/mashed potatoes (3/4 cup), veggies &amp; fruit  <b>Snack:</b> cheese &amp; wg crackers  <b>Allergen Free/ Vegan Lunch:</b> Stuffed bell pepper</p>	<p><b>5</b>  <b>Breakfast:</b> wg muffin (2oz.), fruit (1 ea.)</p> <p><b>Lunch:</b> chicken teriyaki dumplings (4 ea./ 4 oz) with wg brown rice, veggies (3/4 cup) and fruit  <b>Snack:</b> pretzels &amp; fruit  <b>Allergen Free/ Vegan Lunch:</b> Sweet Potato &amp; chickpea bowl</p>	<p><b>6</b>  <b>Breakfast:</b> bagel (3 oz.), fruit (1 ea.)</p> <p><b>Lunch:</b> cream cheese &amp; jam ww roll up with a veggie cup (3/4 cup) &amp; fruit  <b>Snack:</b> apple sauce &amp; cheese square  <b>Allergen Free/ Vegan Lunch:</b> Stuffed bell pepper</p>	<p><b>7</b>  <b>Breakfast:</b> wg muffin (2oz.), fruit (1 ea.)</p> <p><b>Lunch:</b> turkey (2 slices) and cheese (1 slice) sandwich w/spinach &amp; avocado spread, fruit  <b>Snack:</b> fruit bites, wg crackers  <b>Allergen Free/ Vegan Lunch:</b> Sweet Potato &amp; chickpea bowl</p>	<p><b>8</b>  <b>Professional Development Day</b></p>	
	<p><b>11</b>  <b>Veteran's Day</b></p>	<p><b>12</b>  <b>Breakfast:</b> wg cereal (1oz.), fruit (1ea.)</p> <p><b>Lunch:</b> cream cheese &amp; jam ww roll up with a veggie cup (3/4 cup) &amp; fruit  <b>Snack:</b> cheese &amp; wg crackers  <b>Allergen Free/ Vegan Lunch:</b> Black bean soup with lentil chips</p>	<p><b>13</b>  <b>Breakfast:</b> wg muffin (2oz.), fruit (1 ea.)</p> <p><b>Lunch:</b> chicken bone broth ramen with vegetables, fruit  <b>Snack:</b> pretzels &amp; fruit  <b>Allergen Free/ Vegan Lunch:</b> Baked veggie tots w/ketchup</p>	<p><b>14</b>  <b>Breakfast:</b> wg cereal (1oz.), fruit (1ea.)</p> <p><b>Lunch:</b> turkey (2 slices) and cheese (1 slice) sandwich w/spinach &amp; avocado spread, fruit  <b>Snack:</b> squeeze pouch, wg graham crackers  <b>Allergen Free/ Vegan Lunch:</b> Black bean soup with lentil chips</p>	<p><b>15</b>  <b>Breakfast:</b> bagel (3 oz.), fruit (1 ea.)  <b>Lunch:</b> turkey meatloaf (4 oz.) w/mashed potatoes (3/4 cup), veggies &amp; fruit  <b>Snack:</b> fruit bites, wg crackers  <b>Allergen Free/ Vegan Lunch:</b> Baked veggie tots w/ketchup</p>	
	<p><b>18</b>  <b>Breakfast:</b> wg cereal (1oz.), fruit (1ea.)</p> <p><b>Lunch:</b> chicken teriyaki dumplings (4 ea./ 4 oz) with wg brown rice, veggies (3/4 cup) and fruit  <b>Snack:</b> cheese &amp; wg crackers  <b>Allergen Free/ Vegan Lunch:</b> Lentil soup</p>	<p><b>19</b>  <b>Breakfast:</b> wg muffin (2oz.), fruit (1 ea.)  <b>Lunch:</b> turkey meatloaf (4 oz.) w/mashed potatoes (3/4 cup), veggies &amp; fruit  <b>Snack:</b> squeeze pouch, wg graham crackers  <b>Allergen Free/ Vegan Lunch:</b> Stuffed bell pepper</p>	<p><b>20</b>  <b>Breakfast:</b> bagel (3 oz.), fruit (1 ea.)</p> <p><b>Lunch:</b> chicken bone broth ramen with vegetables, fruit  <b>Snack:</b> pretzels &amp; fruit  <b>Allergen Free/ Vegan Lunch:</b> Lentil Soup</p>	<p><b>21</b>  <b>Breakfast:</b> wg muffin (2oz.), fruit (1 ea.)</p> <p><b>Lunch:</b> turkey (2 slices) and cheese (1 slice) sandwich w/spinach &amp; avocado spread, fruit  <b>Snack:</b> fruit bites, wg crackers  <b>Allergen Free/ Vegan Lunch:</b> Stuffed bell pepper</p>	<p><b>22</b>  <b>Breakfast:</b> wg cereal (1oz.), fruit (1ea.)</p> <p><b>Lunch:</b> cream cheese &amp; jam ww roll up with a veggie cup &amp; fruit  <b>Snack:</b> apple sauce &amp; cheese square  <b>Allergen Free/ Vegan Lunch:</b> Lentil soup</p>	
	<p><b>25</b>  <b>Breakfast:</b> bagel (3 oz.), fruit (1 ea.)</p> <p><b>Lunch:</b> cream cheese &amp; jam ww roll up with a veggie cup &amp; fruit  <b>Snack:</b> fruit bites, wg crackers  <b>Allergen Free/ Vegan Lunch:</b> Black bean soup with lentil chips</p>	<p><b>26</b>  <b>Breakfast:</b> wg muffin (2oz.), fruit (1 ea.)</p> <p><b>Lunch:</b> chicken bone broth ramen with vegetables, fruit  <b>Snack:</b> squeeze pouch, wg graham crackers  <b>Allergen Free/ Vegan Lunch:</b> Sweet Potato &amp; chickpea bowl</p>	<p><b>27</b>  <b>Breakfast:</b> wg cereal (1oz.), fruit (1ea.)  <b>Lunch:</b> turkey (2 slices) and cheese (1 slice) sandwich w/spinach &amp; avocado spread, fruit  <b>Snack:</b> pretzels &amp; fruit  <b>Allergen Free/ Vegan Lunch:</b> Black bean soup with lentil chips</p>	<p><b>28</b>  <b>Thanksgiving Break</b></p>	<p><b>29</b></p>	



# ALLERGENS LIST

## CONTAINS DAIRY

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

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## CONTAINS EGGS

WHOLE GRAIN MUFFIN

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## CONTAINS WHEAT

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

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## CONTAINS SOY

CHICKEN TERIYAKI DUMPLINGS  
CHICKEN BONE BROTH RAMEN

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