

Monday	Tuesday	Wednesday	Thursday	Friday	<h2>Semester 1 Menu</h2> <p>November 2nd to January 1st</p> <p>Daily Continental Breakfast may consist of the following:</p> <ul style="list-style-type: none"> ▪ waffles ▪ oatmeal ▪ whole wheat toast ▪ assorted muffins ▪ multigrain bagels ▪ whole wheat English muffins ▪ assorted cereals ▪ yogurt ▪ fresh fruit salad ▪ multigrain cereal bars <p>Fresh fruit, milk and water are provided for all age groups throughout the entire day.</p> <p>Menu adaptations are based on individual age groups.</p> <p style="text-align: center;"><u>DID YOU KNOW...?</u></p> <p style="text-align: center;"><i>Honey is the only edible food for humans that does not go bad. Also, it takes 12 honeybees to produce one tablespoon of honey.</i></p>
Turkey Stew with Potatoes and carrots Dinner Roll Banana Loaf	Pasta Primavera Bowtie French Beans Cantaloupe Graham Wafers	Baked Cod Nuggets Vegetable Rice Pilaf Caesar Salad Crackers with Wow Butter Granny Smith Apples	Shepard's Pie Mashed Potatoes Corn Niblett Perogies with Sour Cream	Honey Ginger Chicken Basil Spaghetti Steamed Broccoli Cheesy Garlic Fingers	
Breaded Haddock Mushroom Risotto Fall Medley Strawberries with Yogurt	Turkey Meat with Balsamic Glaze Sweet Potato Wedges Yellow Beans Cereal Trail Mix with Mandarins	Spinach Lasagna Caesar Salad Cauliflower Bites with Cheese Sauce	Chicken Paprikash Steamed Brown Rice Peas Vegetable Platter with Ranch Dressing	Beef Chili Tortilla Chips Corn Niblett Black Bean Brownies	
Tortellini Vegetable Alfredo Garden Salad Seedless Grapes Cheese and Crackers	Swedish Meat Balls Basmati Rice Petite Green Peas Pizza Bites	Cream of Potato Soup with Chicken Whole Wheat Cracker Cucumber Sticks Focaccia with Herbed Cream Cheese	Apple Braised Turkey Thighs Parsley Penne Carrot Coins Raspberry Lemon Swirl Loaf	Baked Pollock Lemon Rice Bistro mix Sun Chips Peach Slices	
Beef Meat Loaf Parsley Boiled Broccoli Naan Bread with Red Pepper Spread	Chicken Parmesan with Bowtie Pasta Cauliflower Pretzel and Hummus Cucumber Slices	Tetrazzini Turkey Herbed Brown Rice Corn Niblett Apple Danish	Sole Fingers Sweet Potato Crosscuts Green Beans Blueberries Vanilla Yogurt	Tomato Basil Soup Shell Pasta Garlic Focaccia Trail Mix Clementine's	

