

Family Life Menu

November 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Hot Dog Mummies Noodles Vegetable Fruit	1 Sloppy toms Tator tots Veggies Fruit Cake & Ice Cream Happy 5th B-day Ethan Happy 6th B-day Nate	2 Scrambled eggs with cheese Canadian bacon English muffin with jelly	3 Grilled Cheese Chips Vegetable fruit	4 Smoked Turkey Sausage Mashed potatoes Steamed vegetable Fruit smoothies
7 Ravioli Marinara sauce Broccoli with cheese fruit	8 Lemon Chicken Vegetable fried rice fruit	9 Lunchmeat platter Veggies Assorted breads fruit	10 Homemade mac & cheese Mixed vegetable fruit	11 Tacos with fixins Jicama with dip Fruit smoothies
14 Beef stew Egg noodles Veggies fruit	15 Waffles Sausage Cottage cheese Veggie & Dip Fruit	16 Sweet and Sour meatballs Brown rice Veggies fruit Happy B-day Ms. Jennil	17 Chicken and wild rice Salad fruit Cake & Ice Cream Happy 4th B-day Trevor!	18 Soup and Sandwich Veggie and dip Fruit smoothies Cake & Ice Cream Happy 6th B-day Jake!
21 Spaghetti Casserole Garlic bread fruit	22 Fish tacos with fixins Refried beans fruit	23 Smiley Face pizza Popcorn Veggies Fruit smoothies	24 Program closed Happy Thanksgiving	25 Program closed Happy Thanksgiving
28 BBQ meatballs Smashed red potatoes Corn fruit	29 Spinach & Cheese Quesadilla Chips and salsa Spanish rice Fruit	30 Pasta Carbonara Salad fruit	1 Roasted Vegetable Frittata Hashbrowns Fruit	2 Shepherd's Pie Salad Fruit

Bread & Butter, Water & Milk served at everyday