

Co-op Family Center November 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
11/5 Breakfast: General mills “Cheerios,” bananas and milk Lunch: Spaghetti with shredded cheese, zucchini, cantaloupe, milk Snack: Beet dip, pita chips, water	11/6 Breakfast: Potato cheese pitas, oranges and milk Lunch: chimichangas, sweet potatoes, pear, milk Snack: carrots, celery + baby bells and milk	11/7 Breakfast: cream of wheat, mixed berries, milk Lunch: curried vegetable rice, tofu bites, pineapple and milk Snack: peanut butter dip, pretzels and milk	11/8 Breakfast: scrambled eggs, hash browns and milk Lunch: mac and cheese, green beans, grape and milk Snack: bran muffins, milk	11/9 Breakfast: pumpkin pancakes, applesauce and milk Lunch: tomato pasta soup, cheese sticks, watermelon and milk Snack: baked apples, milk
11/12 Breakfast: Kellogg’s “Cornflakes” Lunch: Easy bake Rigatoni, green beans, watermelon, milk Snack: garden spread, triscuits, water	11/13 Breakfast: English muffins, strawberries, milk Lunch: cheese quesadillas, spread pinto beans, roasted beets, honeydew milk Snack: broccoli, carrots, tomatoes with dip and milk	11/14 Breakfast: French toast, blueberries, milk Lunch: black bean stew, shredded cheese, naan bread, pears, milk Snack: apples, peanut butter and milk	11/15 Breakfast: oatmeal, mixed berries, milk Lunch: twice baked potatoes, cottage cheese, sandwich thins, cantaloupe and milk Snack: zucchini bread, milk	11/16 Breakfast: breakfast burritos, oranges and milk Lunch: one step rice, cauliflower, pineapple and milk Snack: pizza bites, milk
11/19 Breakfast: General Mills “Corn Chex,” bananas, milk Lunch: pan fried noodles, tofu bites, carrots, snap peas, pineapple and milk Snack: Cheese ball with carrots, wheat thins, water	11/20 Breakfast: Applesauce pancakes, blueberries, milk Lunch: corn chowder, oyster crackers, cheese sticks, watermelon, milk Snack: roasted potatoes, milk	11/21 Breakfast: “Zoi” Greek yogurt, granola, mixed berries, milk Lunch: lasagna rollups, spaghetti squash, pears, milk Snack: pumpkin bread, milk	CO-OP CLOSED	CO-OP CLOSED
11/26 Breakfast: General Mills “Kix cereal”, bananas, milk Lunch: Easier than lasagna, zucchini, pears, milk Snack: hard boiled eggs, Ritz crackers, water	11/27 Breakfast: Egg and cheese breakfast sandwich, oranges and milk Lunch: grilled cheese sandwiches, coleslaw, honeydew and milk Snack: fresh fruit tray of kiwi, pineapple and grapes, water	11/28 Breakfast: hot quinoa cereal, mixed berries, milk Lunch: multi-bean soup, cheese sticks, breadsticks, cantaloupe, milk Snack: trail mix, orange juice	11/29 Breakfast: banana pancakes, blueberries, milk Lunch: enchiladas, sweet potatoes, pineapple, milk Snack: oatmeal apple muffins, milk	11/30 Breakfast: bagels and cream cheese, strawberries, milk Lunch: arroz con queso, spiced pinto beans, roasted beets, grapes and milk Snack: smoothies and pretzels

The Co-op Family Center is an equal opportunity provider