

HES Early Childhood Lunch Menu November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2. 1% Milk Macaroni & Cheese Hard boiled eggs Carrots Whole Wheat Bread	3. Election Day Apple Juice Roasted Baked Chicken Couscous Cucumber Slices Fresh fruit (Vacation Program)	4. 1% Milk Fish Sticks Brown Rice Israeli Salad Whole Wheat Bread	5. Apple Juice Baked Chicken Nuggets Mashed Potato Corn Fresh fruit	6. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
9. 1% Milk Egg salad Tuna salad Whole Wheat Bread Cucumber Slices Tomato slices	10. Apple Juice Turkey Meatballs Spaghetti Sliced Green Peppers Fresh Fruit	11. Veterans Day 1% Milk Cheese Ravioli (plain pasta available) Hard Boiled eggs Carrots Whole Wheat Bread (Vacation Program)	12. Apple Juice Grilled Chicken Cutlets Whole Wheat Bread Couscous Israeli Salad Fresh fruit	13. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
16. 1% Milk Baked Ziti (plain pasta available) Hard Boiled Eggs Cucumber Slices	17. Apple Juice Hamburgers Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	18. 1% Milk Macaroni & Cheese Hard boiled eggs Carrots Whole Wheat Bread	19. Apple Juice schnitzel Mashed Potatoes Corn Fresh fruit	20. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
23. 1% Milk Fish Sticks Brown Rice Israeli Salad Whole Wheat Bread	24. Apple Juice Chicken Hot Dogs Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	25. <u>Thanksgiving Classroom Feast Menu TBD</u>	26. <u>School Closed</u> <u>Thanksgiving Day</u>	27. School Closed
30. 1% Milk Cheese Ravioli (plain pasta available) Hard Boiled eggs Carrots Whole Wheat Bread				