

## 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. <b>Election Day</b> Apple Juice Roasted Baked Chicken Couscous Cucumber Slices Fresh fruit <b>(Vacation Program)</b>	4. 1% Milk Fish Sticks Brown Rice Chopped 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. <b>Veterans Day</b> 1% Milk Cheese Ravioli (plain pasta available) Hard Boiled eggs Carrots Whole Wheat Bread <b>( Vacation Program )</b>	12. Apple Juice Grilled Chicken Cutlets Whole Wheat Bread Couscous Chopped 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 Breaded Chicken Mashed Potatoes Corn Fresh fruit	20. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
23. 1% Milk Fish Sticks Brown Rice Chopped Salad Whole Wheat Bread	24. Apple Juice Chicken Hot Dogs Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	25. <u>Thanksgiving</u> <u>Classroom Feast</u> <u>Menu TBD</u>	26. <b>School Closed</b> <b>Thanksgiving Day</b>	27. <b>School Closed</b>
30. 1% Milk Cheese Ravioli (plain pasta available) Hard Boiled eggs Carrots Whole Wheat Bread				