

Menu for November 2021



	Monday	Tuesday	Wednesday	Thursday	Friday	
Lunch	Chicken and Rice Soup	Meatball and Pasta Shell Soup	Alphabet Chicken Soup	Millet Soup or Vegetable Soup	Buckwheat Soup	<p>Breakfast from 6:30-8:15 AM Instants oatmeal, Cereal & Milk or Whole Bagel w/cream cheese, Waffles, Pancakes & Milk, Yogurt</p> <p>1st snack at 10:15 am Seasonal fruit with club crackers or animal crackers, apple sauce, yogurt or cheese sticks</p> <p>Lunch at 12:15 pm</p> <p>2nd snack 3:30 pm Apple slices, Banana, Animal crackers, apple sauce, yogurt or cheese sticks</p> <p>Dinner: 5:15 pm</p> <ul style="list-style-type: none"> ○ Soup served with salad & bread ○ Lunch served with fresh vegetables (cucumber, tomato or sweet pepper). ○ Snack is subject to change ○ due to season and availability
Dinner	Makaroni Po-Flotski	Buckwheat or quinoa with Chicken Cutlets	Chicken Goulash With Rice	Porcupine Chicke and Rice meatbolls	Grilled Chicken with Rice	

buckwheat