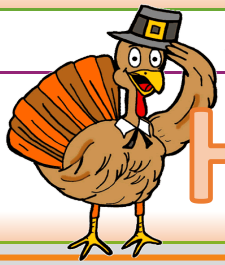
November 2019 BREAKFAST AND LUNCH MENU

Early Learning Centers 1 & 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Sausage & Cheese Kolache 1 **Lunch from Home**
6	7	8	9	10
Cereal 4 **Cheeseburger** Black Beans **Mandarin Oranges**	French Toast 5 **Fish Sticks** Whole Kernel Corn **Sliced Peaches**	Sausage & Cheese Biscuit 6 **Turkey Hot Dog** Seasoned Green Beans Fresh Apple Slices	Ham & Cheese Croissant 7 **Orange Chicken & Lo Mein** Mixed Vegetables Fresh Mixed Fruit	Sausage & Cheese Kolache 8 **Lunch from Home**
11	12	13	14	15
Yogurt w/ Granola 11 **Cheese Enchiladas** Seasoned Pinto Beans **Mandarin Oranges**	Mini Pancakes 12 **Chicken Chunks** Whole Kernel Corn Fresh Apple Slices	Sausage & Cheese Biscuit 13 **Grilled Cheese Croissant** Sasoned Green Beans **Fresh Mixed Fruit**	Chicken Biscuit 14 **Chicken Teriyaki & Stir Fried Rice** Steamed Broccoli Green & Red Grapes	Sausage & Cheese Kolache 15 **Lunch from Home**
16	17	18	19	20
Cereal 18 **Soft Tacos** Seasoned Pinto Beans **Mandarin Oranges**	French Toast 19 **Fish Sticks** Whole Kernel Corn Orange Smiles	Sausage & Cheese Biscuit 20 **ELC 1: Cheeseburger** Mixed Vegetables **Fresh Mixed Fruit** **ELC 2:Thanksgiving**	Ham & Cheese Croissant 21 **ELC 1 : Thanksgiving** **ELC 2: Cheeseburger** **Mixed Vegetables** **Fresh Mixed Fruit**	Sausage & Cheese Kolache 22 **Lunch from Home**
1	2	3	4	5
25	26	27	28	29



Happy Thanksgiving

Breakfast includes:
- Hot Entree
- Fruit (juice on Mondays)
- Cold Milk

Lunch includes:
- Hot Entree
- Vegetable
- Fruit
- Cold Milk

CFISD | Cy-Fair GARDEN FRESH **HARVEST OF THE MONTH**

Sweet Potatoes

Sweet potatoes are rich in Vitamin A, which is good for your eyesight.

Try them diced, tossed in olive oil and salt for 30 minutes in a 400 degree oven. When the edges are carmelized, they are ready!

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