


# Youth & Family Services Menu: November 2008

Girls Inc., Child Care, Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3-Nov</b>	<b>4-Nov</b>	<b>5-Nov</b>	<b>6-Nov</b>	<b>7-Nov</b>
Wheat toast / Scr. egg Pineapple  Beef patty w/ gravy Noodles Green beans Mandarin oranges  Banana Milk	Cereal / Bagel Applesauce  Ham tortilla wrap Mixed vegetables Grapes  Crackers 100% juice	French toast Orange slices  BBQ pork sandwich Corn Applesauce  YFS muffin 100% juice	Oatmeal / Cinnamon toast Pineapple <b>Cultural Food Day!</b> Roast turkey w/ gravy Potatoes / Roll Green beans / Cranberry sauce  <b>Harvest Meal at Adams</b>  Apple Milk	Cereal / Toast Fruit mix  Soft taco (chicken or turkey) Lettuce salad Fruit mix  Animal crackers Milk
<b>10-Nov</b>	<b>11-Nov</b>	<b>12-Nov</b>	<b>13-Nov</b>	<b>14-Nov</b>
Whole grain oatmeal 1/2 Eng. Muffin / Banana  Chicken strips Wheat bread Mash potatoes w/ gravy Apple slices  Graham crackers Milk	<b>Veteran's Day</b>  <b>YFS Closed</b>	Cold cereal Wheat toast / Pears  Ham & cheese sub on 1/2 wheat sub bun Fresh broccoli Orange slices  Animal crackers Milk	Breakfast tortilla w/ salsa Fresh apple slices <b>Celebrate Birthdays!</b> Mac 'n cheese w/ ham Green beans Grapes / Birthday treat  Muffin Milk	French toast Fruit mix  Smart pizza Garden salad Applesauce  Pretzels 100% juice
<b>17-Nov</b>	<b>18-Nov</b>	<b>19-Nov</b>	<b>20-Nov</b>	<b>21-Nov</b>
Waffle sticks Banana  Ham & cheese bagel melt 1/2 bagel Lettuce salad w/dressing Peaches  YFS wheat roll 100% juice	Whole grain oatmeal 1/2 bagel / Tropical fruit  Spaghetti w/ meatballs Italian veggie mix Pineapple  Tortilla roll-up 100% juice	Pumpkin muffin Applesauce  Ham sandwich Wheat bread Peas Peaches  Applesauce / Crackers Milk	English muffin Fruit mix / Hard cooked egg  Baked chicken breast strips Wheat bread slice Corn / Pears <b>RCHS Harvest Meal</b> <b>Turkey Dinner with trimmings!</b> Granola bar Milk	Cold cereal Wheat toast / fruit mix  Egg salad sandwich Wheat bread Fresh broccoli Mandarin oranges  Cereal Milk
<b>24-Nov</b>	<b>25-Nov</b>	<b>26-Nov</b>	<b>27-Nov</b>	<b>28-Nov</b>
Biscuit & gravy Peaches  Turkey & cheese soft taco Mixed veggies Pineapple  Banana Milk	French toast Pears  Chicken Bun Broccoli Grapes  Animal crackers Milk	Oatmeal with raisins Wheat toast / Peaches  Ham slice Seasoned pasta Green beans Orange slices  Cheese crackers 100% juice	<b>Thanksgiving Holiday</b>  <b>YFS CLOSED</b>	<b>YFS Closed</b>

1% Milk Served with all breakfast and lunch meals, Menu subject to change

In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC.