

November 2011

October 2011							November 2011							December 2011							
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30	31																				

■ CKA Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 <ul style="list-style-type: none"> 8:45 AM Cheerios 11:30 AM Beef Ravioli, green beans, applesauce 3:30 PM Trail Mix 	31 <ul style="list-style-type: none"> 8:45 AM Biscuit w/jelly 11:30 AM Grilled Cheese w/ chicken noodle soup, lima beans, pineapple tidbits 3:30 PM Animal Crackers 	1 <ul style="list-style-type: none"> 8:45 AM Whole Grain French Toast Sticks 	2 <ul style="list-style-type: none"> 11:30 AM Swedish Meatball Stroganoff, garden peas, fresh orange slices 3:30 PM Cheese & crackers w/water 	3 <ul style="list-style-type: none"> 8:45 AM Oatmeal w/brown sugar 11:30 AM Fish Sticks, cucumber slices, bananas 3:30 PM Cheezits 	4 <ul style="list-style-type: none"> 8:45 AM Cream of Wheat 11:30 AM Baked Ziti, lima beans, diced pears 3:30 PM Vanilla pudding w/ animal crackers & water 	5 <ul style="list-style-type: none"> 8:45 AM Rice Krispies 11:30 AM Beefaroni, diced carrots/carrot sticks, applesauce 3:30 PM Goldfish
6 <ul style="list-style-type: none"> 8:45 AM Mini bagel w/ cream cheese 11:30 AM Chili w/kidney beans, sliced wheat bread, apple slices/banana 3:30 PM Vanilla Wafers 	7 <ul style="list-style-type: none"> 8:45 AM Banana w/low fat vanilla yogurt & water 11:30 AM Baked Tuna Casserole, sweet potato bites, pineapple tidbits 3:30 PM Gingerbread 	8 <ul style="list-style-type: none"> 8:45 AM Whole Grain Pancakes 11:30 AM Baked Chicken Nuggets, carrot sticks/ diced carrots, fresh cantaloupe chunks 3:30 PM Graham Crackers 	9 <ul style="list-style-type: none"> 8:45 AM Applesauce 11:45 AM Jelly sandwich w/ garden vegetable soup, fresh orange slices 3:30 PM Trail Mix 	10 <ul style="list-style-type: none"> 8:45 AM Blueberry Mini Muffin 11:30 AM Salisbury steak w/wild rice & gravy, garden peas, applesauce 3:30 PM Cheezits 	11 <ul style="list-style-type: none"> 8:45 AM Cream of Wheat 11:30 AM Chicken Noodle Casserole, cucumber slices, fresh orange slices 3:30 PM Oatmeal Raisin Cookie 	12 <ul style="list-style-type: none"> 8:45 AM Banana w/ low fat vanilla yogurt & water 11:30 AM Chicken Pasta Pilaf, steamed broccoli cuts, fresh cantaloupe chunks 3:30 PM Gingerbread
13 <ul style="list-style-type: none"> 8:45 AM Cheese Toast 11:30 AM Chicken Noodle Casserole, cucumber slices, fresh orange slices 3:30 PM Oatmeal Raisin Cookie 	14 <ul style="list-style-type: none"> 8:45 AM Biscuit w/jelly 11:30 AM Grilled Cheese w/ chicken noodle soup, lima beans, pineapple tidbits 3:30 PM Animal Crackers 	15 <ul style="list-style-type: none"> 8:45 AM Whole Grain French Toast Sticks 	16 <ul style="list-style-type: none"> 11:30 AM Swedish Meatball Stroganoff, garden peas, fresh orange slices 3:30 PM Cheese & crackers w/water 	17 <ul style="list-style-type: none"> 8:45 AM Oatmeal w/brown sugar 11:30 AM Jelly sandwich w/ garden vegetable soup, fresh orange slices 3:30 PM Trail Mix 	18 <ul style="list-style-type: none"> 8:45 AM Blueberry Mini Muffin 11:30 AM Salisbury steak w/wild rice & gravy, garden peas, applesauce 3:30 PM Cheezits 	19 <ul style="list-style-type: none"> 8:45 AM Cream of Wheat 11:30 AM Chicken Noodle Casserole, cucumber slices, fresh orange slices 3:30 PM Oatmeal Raisin Cookie
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