

# November



HORIZON EDUCATION CENTERS

Nov-21

1	2	3	4	5
Meatball Sub 2oz 1/3c Carrots 1/3c Applesauce WG Bun	Turkey Patty 2oz Mixed Vegetables 1/3c Oranges 1/3 Cup	Breaded Chicken Strips 2oz Broccoli 1/3c Strawberries 1/3c WG Browns Rice 1/3c	Sliced Grilled Chicken 2oz Green Beans 1/3c Fresh Apple Slices 2oz Penne Alfredo 1/3c	Turkey and Cheese Sandwich 2oz Romaine and Cucumbers 1/2c Fresh Banana 1//2
8	9	10	11	12
Beef and Pasta 6 oz (Ground Beef, Penne, Sauce) 1/3 c Carrots 1/3 c Unsweetened Applesauce	3 oz. Diced Chicken with Gravy 1/3c Broccoli 1/3c Strawberries 1 Biscuit	Parsley Lemon Chicken 3 oz 1/3 c WG Rice 1/3 c Sweet Peas 1/3 c Pineapple tidbits	Cheese Ravoil and Sauce 4 oz 1/2 c Romaine and Cucumbers 1/2 c Fresh Banana WG Rice 1/3c	WG Grilled Chicken Sandwich 4oz 1/3c Green Beans 1/3c Peaches
15	16	17	18	19
1 Pancake 1/4 c Cheese Eggs 1/3 c 1/3 Strawberries 1/3c Roasted Potatoes	Sweedish Meatballs 3oz. Noodles 1/3c Sweetpeas 1/3c Applesauce 1/3c	Chicken Taco Meat/Cheese 2oz 1/4 Cup Sweet Corn 1/3c Diced Peaches 1/4c Salsa 1 Flour Tortilla	Sliced Turkey & Gravy 2oz Mashed Potatoes 3oz 1 roll 2oz Fresh Apple Slices	WG Cheese Pizza 2oz 1.6oz Baby Carrots and ranch 1/2 Fresh Banana
22	23	24	25	26
2oz Chicken Nuggets 1/3 c Green Beans 1/3 Applesauce 1 WG Dinner Roll	Cheese Ravoil and Sauce 4 oz 1/2 c Romaine and Cucumbers 1/2 c Blueberries	2oz Diced BBQ Chicken 1/3c Buttered Whole Potatoes 1 Bun 1/3c Pineapple Tidbits	<p>Closed</p>	
29	30	27	28	29
1 Pancake 1/4 c Cheese Eggs 1/3 c Fresh Apple Slices 1/3c Diced Potatoes	Chicken Taco Meat/Cheese 2oz 1/4 Cup Sweet Corn 1/3c Strawberries 1/2c Lettuce/Salsa/ Cheese 1 Flour Tortilla			

	1 & 2 Years	3-5 Years	6-12 Years
Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.
Grains Breads Pasta Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup
Fruit	1/8 c	1/4 c.	1/4 c.
Vegetable	1/8 c	1/4 c.	1/2 c.
Milk, fluid	1/2 c	3/4 c	1 c

