

Sage Daycare  
November 2022

	1 B: Kix Cereal, Blueberries Snack: Mini Bagel, Strawberries L: Green Beans, Cucumbers Mini WG Bun Mini Turkey Patty PM Snack: Pita Bread Triangles, Hummus	2 B: Mini Bagel, Pears Snack: Applesauce, WG Graham Sticks L: WG Sub Sandwich: Turkey & LF Cheese on WG Hot Dog Bun, Cauliflower Bites Peaches PM Snack: Wheat Crackers Cheese Stick	3 B: WG Pancakes, Banana Snack: Shredded Carrots, Yogurt Dip L: WG Chicken Tender, WG Roll, Watermelon Chunks, Broccoli PM Snack: Melon Chunks Whole Grain Roll	4 B: WG Cornbread, Pears Snack: Banana, Toasted Oats Cereal L: Diced Chicken in WG Pita w/Cheese Green Peas Mandarin Oranges PM Snack: Nilla Wafers White Milk
7 B: Cornflakes, Banana AM Snack: Ritz Crackers, Cucumbers L: Carrots Mandarin Oranges Beef w/Brown Gravy & WG Pasta PM Snack: Graham Crackers White Milk	8 B: Blueberries, WG Waffle AM Snack: Sliced Peaches, WG Animal Crackers L: Steamed Broccoli Pears, WG Roll Turkey Patty PM Snack: Blueberry Muffin Applesauce	9 B: WG French Toast, Banana AM Snack: Cheese Stick, Diced Pears L: Spinach, Cherries Diced Chicken Brown Rice PM Snack: Triscuit Crackers Cheese Square	10 B: English Muffin, Tomato Soup AM Snack: WG Goldfish, Diced Cheese* L: Bean Soup Wheat Crackers Strawberries Cantaloupe PM Snack: Banana Bread White Milk	11 B: Raisin Toast, Peaches AM Snack: Graham Crackers Applesauce L: Turkey Patty on Mini Bagel, Corn, Diced Potatoes PM Snack: Vanilla Yogurt Orange Slices
14 B: Fruit Cocktail, WG Biscuit Half AM Snack: Watermelon Chunks Trail Mix (Oats Cereal & Raisins) L: Baked Diced Chicken, HM WG Pasta w/Sauce Mandarin Oranges, Carrots PM Snack: Soft Pretzel Applesauce	15 B: Melon Chunks, Raisin Toast AM Snack: WG Bagel Peaches L: Baked Beans Apples Turkey Patty on a WG Roll PM Snack: Bear Grahams White Milk	16 B: Chocolate Fish Graham, Strawberries AM Snack: Grahams Applesauce L: Diced Potatoes, Broccoli Diced Chicken w/Gravy, WG Corn Bread PM Snack: Banana Toasted Oats	17 B: Banana, Oatmeal AM Snack: WG Roll, Mandarin Oranges L: Honeydew, Brown Rice Chicken Stir Fry: Chicken, Broccoli, Carrots PM Snack: WG Cinnamon Roll Strawberries	18 B: Pancakes, Pears AM Snack: Cheese Stick, Pineapple L: Pasta, Pumpkin, Peaches PM Snack: Graham Cracker Sticks Yogurt Cup
21 B: Pears, WG Cinnamon Roll Snack: WG Cheez Its, Pineapples L: HM Bean & Cheese Burrito on WG Tortilla Mandarin Oranges PM Snack: Puffed Cereal Cheddar Cubes	22 B: Oatmeal, Raisins Snack: WG Fish Graham, Blueberries L: Hamburger Patty WG Bun Lettuce/Tomato Diced Peaches PM Snack: Mini Bagel Half Cream Cheese	23  Thanksgiving Break	24  Thanksgiving Break	25  Thanksgiving Break
28 B: WG English Muffin Half, Baked Apples Snack: Cantaloupe Chunks, Wheat Thins L: Carrots Broccoli, WG Dinner Roll, WG Chicken Nuggets PM Snack: Bear Grahams White Milk	29 B: Kix Cereal, Blueberries Snack: Mini Bagel, Strawberries L: Green Beans, Cucumbers Mini WG Bun Mini Turkey Patty PM Snack: Pita Bread Triangles, Hummus	30 B: Mini Bagel, Pears Snack: Applesauce, WG Graham Sticks L: WG Sub Sandwich: Turkey & LF Cheese on WG Hot Dog Bun, Cauliflower Bites Peaches PM Snack: Wheat Crackers Cheese Stick		

All Juices Served are 100% Juice. Whole Milk is Served to Participants 12-23 Months. Participants 24 Months are Older are Served 1% or Fat-Free Milk.

Water is available in each classroom – WG=Whole Grain – This Institution is an Equal Opportunity Provider