

November 2018 Breakfast and Snack Menu

Tuesday Wednesday Thursday Friday



AM Breakfast:
PM Snack:

<p>1</p> <p>Yogurt and Peach Parfait w/ WGR Oat Topping</p> <hr/> <p>Yogurt and Peach Parfait w/ WGR Oat Topping</p>	<p>2</p> <p>Cheese and Crackers Peaches</p> <hr/> <p>Cheese and Crackers Peaches</p>
<p>6</p> <p>Bran Flakes Apple Juice</p> <hr/> <p>Celery Sticks w/ Sun Butter Pineapple</p>	<p>7</p> <p>WGR English Muffin w/ Honey Butter Bananas</p> <hr/> <p>WGR English Muffin w/ Honey Butter Bananas</p>
<p>8</p> <p>Snack Mix (WGR Cereal, Crackers, Pretzels, Dried Fruit) Applesauce</p> <hr/> <p>Snack Mix Applesauce</p>	<p>9</p> <p>Seasonal Bagel w/ Cream Cheese Orange Slices</p> <hr/> <p>Seasonal Bagel w/ Cream Cheese Orange Slices</p>
<p>13</p> <p>Kix Cereal Orange Juice</p> <hr/> <p>WGR Bread w/ Butter Cantaloupe melon</p>	<p>14</p> <p>WGR Banana Bites Applesauce</p> <hr/> <p>WGR Banana Bites Applesauce</p>
<p>15</p> <p>Cottage Cheese Pears</p> <hr/> <p>Cottage Cheese Pears</p>	<p>16</p> <p>WGR Spiced Sweet Potato Bread Satsuma Oranges</p> <hr/> <p>WGR Spiced Sweet Potato Bread Satsuma Oranges</p>
<p>20</p> <p>Cheerios Pineapple Juice</p> <hr/> <p>WGR Soft Pretzels Kiwi</p>	<p>21</p> <p>WGR English Muffin w/ Honey Butter Bananas</p> <hr/> <p>WGR English Muffin w/ Honey Butter Bananas</p>
<p>22</p> <p>No School</p>	<p>23</p> <p>No School</p>
<p>27</p> <p>Corn Flakes Grape Juice</p> <hr/> <p>Cheese and Crackers</p>	<p>28</p> <p>Cottage Cheese Mandarin Oranges</p> <hr/> <p>Cottage Cheese Mandarin Oranges</p>
<p>29</p> <p>WGR Bagel w/ Cream Cheese Tropical Fruit</p> <hr/> <p>WGR Bagel w/ Cream Cheese Tropical Fruit</p>	<p>30</p> <p>WGR Blueberry Bites Kiwi</p> <hr/> <p>WGR Blueberry Bites Kiwi</p>

5 Scrumptious Ways to Enjoy Sweet Potatoes!

- 1. A Crispy, Healthy Snack.** Try munching on sweet potato chips. Thinly slice a large sweet potato and brush lightly with olive oil. Bake at 350 degrees for 15 minutes or until lightly browned and crisp.
- 2. The New Potato Salad.** Substitute sweet potatoes for regular spuds in your favorite potato salad recipe.
- 3. Baked Sweet Potato Fries.** Sweet potato fries make a delicious treat. Quarter sweet potatoes and drizzle with olive oil. Bake at 400 degrees for 40-60 minutes. For a spicy twist, add a dash of cayenne pepper.
- 4. Top Your Salad.** Sweet potatoes make sweet salad toppings. Combine diced sweet potatoes, pineapple tidbits, apples, celery, and cashews. Serve over salad greens.
- 5. Bake, Roast, or Steam 'em!** Pick a cooking method and enjoy! Use whole, unpeeled sweet potatoes as a side dish to any meal.

~Veggie Haters?~



Does your child seem to dislike all vegetables? That's normal! Don't worry about forcing your child to eat them, instead be positive and encouraging! It can take 10-20 exposures of a new food for a child to like it. So, don't give up! Keep offering; you're doing great! Sometimes offering a veggie in a different way might be the trick. Maybe your child doesn't love mashed sweet potatoes, but baked sweet potato fries could become a new favorite!

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

This institution is an equal opportunity provider.