

Child Development, Inc.

TAMAQUA



NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
WG Assorted Cereal Juice/Milk **WG Breaded Chicken** **WG Pasta** **Baked Beans** **Choice of Fruit**	Baked Omelet & Sausage Juice/Milk **Meatballs & Gravy** **Mashed Potatoes** **WG Garlic Stick** **Corn** **Choice of Fruit**	Yogurt & WG Mini Loaf Juice/Milk **WG French Toast Sticks** **Hash Brown** **Sausage** **Steamed Carrots** **Choice of Fruit**	WG Pancakes w/Syrup Juice/Milk **WG Mac & Cheese** **WG Breaded Chicken** **Stewed Tomatoes** **Choice of Fruit**	WG Assorted Cereal Juice/Milk **Hamburger on WG Bun** **French Fries** **Steamed Peas** **Choice of Fruit**
9	**10**	**11**	**12**	**13**
WG Assorted Cereal Juice/Milk **WG Breaded Chicken** **WG Brown Rice** **Steamed Broccoli** **Choice of Fruit**	WG French Toast Sticks Juice/Milk **WG Cheese Quesadilla** **Garden Salad** **Salsa** **Corn** **Choice of Fruit**	Yogurt & WG Granola Juice/Milk **WG Breaded Fish Shapes** **Baby Cake Potatoes** **Baked Beans** **Choice of Fruit**	WG Waffles w/Syrup Juice/Milk **WG Baked Cheese Pizza** **WG Tortilla Chips** **Mixed Vegetables** **Choice of Fruit**	WG Assorted Cereal Juice/Milk **WG Cheesy Breadsticks** **Dipping Sauce** **Garden Salad** **Green Beans** **Choice of Fruit**
16	**17**	**18**	**19**	**20**
WG Assorted Cereal Juice/Milk **WG Breaded Chicken** **Mashed Potatoes** **WG Roll** **Steamed Corn** **Choice of Fruit**	WG Pancakes w/Syrup Juice/Milk **Taco Tuesday** **WG Chips, Cheese, Salsa** **WG Brown Rice** **Beans** **Choice of Fruit**	Yogurt & WG Granola Juice/Milk **WG Buttered Pierogis** **WG Roll** **String Cheese** **Steamed Carrots** **Choice of Fruit**	WG Egg & Cheese Sandwich Juice/Milk **Beef Cheesesteak** **WG Roll** **French Fries** **Steamed Broccoli** **Choice of Fruit**	WG Assorted Cereal Juice/Milk **WG Mac & Cheese** **WG Breaded Chicken** **Stewed Tomatoes** **Choice of Fruit**
23	**24**	**25**	**26**	**27**
WG Assorted Cereal Juice/Milk **WG Breaded Chicken** **Scalloped Potatoes** **WG Roll** **Green Beans** **Choice of Fruit**	WG French Toast Sticks Juice/Milk **Meatballs in Sauce** **WG Pasta** **Steamed Corn** **Choice of Fruit**	Yogurt & WG Mini Loaf Juice/Milk **Cheesy Breadsticks** **Dipping Sauce** **Garden Salad** **Steamed Broccoli** **Choice of Fruit**	 PROGRAM CLOSED	
30				
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All meals are served with 1% unflavored milk; juice is 100% pasteurized; yogurt contains no more than 23 grams of sugar per 6 ounce serving; cereal contains no more than 6 grams of sugar per dry ounce.

Menu Subject to Change