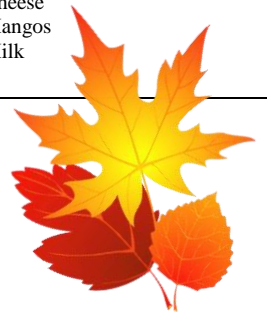
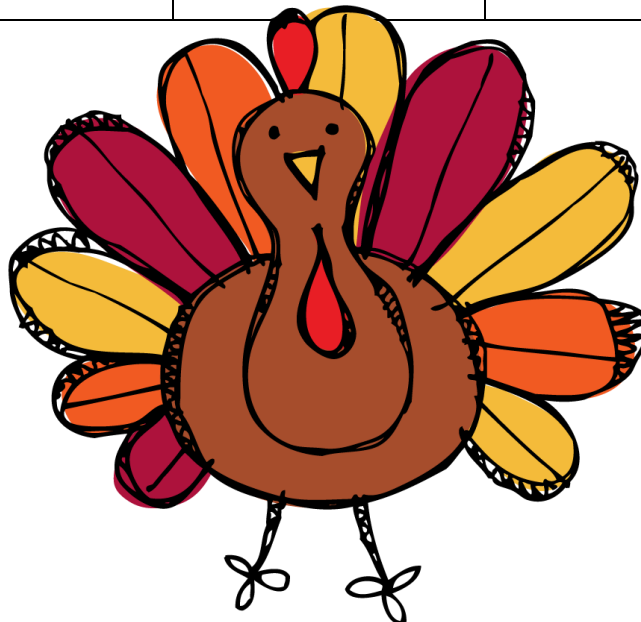




# November



## Kids Co. Cascadia Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>Breakfast:</b> Yogurt granola Strawberries Milk	2 <b>Breakfast:</b> Toast Cream Cheese Blue berries Milk
5 <b>Breakfast:</b> Waffles Sun Butter Apples Milk	6 <b>Breakfast:</b> Sausage Patty English Muffin Milk	7 <b>Breakfast:</b> English Muffin Sun butter Pears	8 <b>Breakfast:</b> Pancake w/ syrup Strawberries Milk	9 <b>Breakfast:</b> French Toast Sticks Apple Sauce Milk
12 	13 <b>Breakfast:</b> Chex Cereal Mangos Milk	14 <b>Breakfast:</b> English Muffin Sun butter Strawberries Milk	15 <b>Breakfast:</b> Yogurt Blue Berries Milk	16 <b>Breakfast:</b> Cheerios Slices Apples Milk
19 <b>Breakfast:</b> Toast Cottage Cheese Pineapple milk	20 <b>Breakfast:</b> Oat Meal Blueberries Milk	21 <b>Breakfast:</b> Apple Sauce English Muffin Milk	22-23 	
26 <b>Breakfast:</b> Pancake Pears Milk	27 <b>Breakfast:</b> Sausage Apples Toast Milk	28 <b>Breakfast:</b> Waffle Apple Slices Milk	29 <b>Breakfast:</b> Oatmeal Strawberries Milk	30 <b>Breakfast:</b> Slice Toast Cheese Mangos Milk



# November

## Kids Co. Cascadia Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>AM Snack:</b> Banana Sun butter Milk	2 <b>AM Snack:</b> Toast Pears Water
			<b>PM Snack:</b> Club Crackers Cream cheese Cucumbers Water	<b>PM Snack:</b> Pita Pizza Pine apples Water
5 <b>AM Snack:</b> Carrots Ranch Goldfish Water	6 <b>AM Snack</b> Apples Sun butter Water	7 <b>AM Snack:</b> Sausage English muffins water	8 <b>AM Snack</b> Graham Crackers Yogurt Water	9 <b>AM Snack:</b> Cottage Cheese mango water
<b>PM Snack:</b> English Muffin + jam Apple Sauce Water	<b>PM Snack</b> Mini Bagels Cream Cheese Mangos Water	<b>PM Snack:</b> Carrots Pretzels Water	<b>PM Snack:</b> String Cheese Pears Water	<b>PM Snack:</b> Hummus Pita Water
12 	13 <b>AM Snack:</b> Goldfish Pear Slices water	14 <b>AM Snack:</b> Rtitz Blueberries water	15 <b>AM Snack:</b> Mango Graham crackers Water	16 <b>AM Snack</b> WW Roll Slice of cheese water
	<b>PM Snack:</b> Black Bean and Cheese Quesadilla Salsa Water	<b>PM Snack:</b> Apples String Cheese Water	<b>PM Snack:</b> Chips Salsa Cheese Water	<b>PM Snack:</b> Goldfish Apple sauce Water
19 <b>AM Snack</b> Pita Hummus Carrots Water	20 <b>AM Snack:</b> Blueberries Yogurt water	21 <b>AM Snack:</b> Turkey Apples water	22 23 	
<b>PM Snack</b> Pretzels Hummus String cheese Water	<b>PM Snack:</b> Sea weed Rice Cucumbers Water	<b>PM snack</b> Tomato soup Roll Water		
26 <b>AM Snack:</b> Toast + Jam Apple Slices water	27 <b>AM Snack</b> Broccoli Dressing cup Pita Water	28 <b>AM Snack:</b> grapes String Cheese water	29 <b>AM Snack:</b> English Muffin Slice of Cheese water	30 <b>AM Snack:</b> Pretzels Strawberries Water
<b>AM Snack:</b> Cheese Slice Whole Wheat Crackers Hummus water	<b>PM Snack</b> Strawberries and blueberries mix English Muffin Water	<b>PM Snack:</b> Mini Bagel Cream Cheese Mango Water	<b>PM Snack:</b> Cheese toast Carrots Water	<b>PM Snack:</b> Yogurt Blueberries Graham crackers Water