

LANA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAPES	2 nd B: Cereal, bananas, milk L: Chicken salad sandwich on multigrain bread w/ grapes & apples, cranberry quinoa salad, milk S: Cinnamon raisin streusel, apple sauce, milk	3 rd B: Homemade bread, grape jelly, hard cooked egg, oranges, milk L: Two bean chili, corn muffins, pears, milk S: Hummus with toasted pita chips, cucumbers, milk	4 th B: Scrambled eggs, chicken sausage, apples, milk L: Spaghetti and marinara, zucchini fritters, grape salad S: Grape juice, vanilla yogurt and berries, milk	5 th B: Blueberry muffins, fruit salad, milk L: Parmesan baked chicken, orzo salad w/ grapes & feta cheese, melon, milk S: Trail mix w/ dried fruit & pretzels, milk	6 th B: Cinnamon raisin oatmeal, oranges, milk L: Pizza, garden salad w/ tomatoes and cucumbers, pineapple, milk S: Fruit salad w/ grapes, oatmeal Raisin cookies, milk
	PLUMS	9 th B: Cereal, bananas, milk L: Vegetable fried rice, egg roll w/ 5 spice plum sauce, oranges, milk S: Apple crisp, milk	10 th B: Cranberry muffins, pears, milk L: Roasted chicken w/ balsamic plum sauce, rice pilaf, peaches, milk S: Veggie corn chips and hummus, milk	11 th B: Homemade bread, plum jelly, hard cooked egg, fruit salad, milk L: Taco salad, Spanish rice, corn and bean salad, grapes, milk S: Baked pears, Cinnamon ice cream, milk	12 th B: Egg bake w/ veggies and sausage, melon, milk L: Chicken noodle soup, soft rolls, broccoli w/ lemon butter, apples, milk S: Raspberry and plum crumb tart, milk
POMEGRANATE		16 th B: Cereal, bananas, milk L: Grilled cheese, tomato basil soup, pineapple, milk S: Apples and caramel, pretzel sticks, milk	17 th B: Cinnamon French toast, oranges, milk L: Chicken pot pie, peas & carrots, peaches, milk S: Pomegranate smoothies, trail mix, milk	18 th B: Bagels, cream cheese, apples, milk L: Beef stew, bulgur salad w/ oranges, fennel & pomegranate, milk S: Cranberry pumpkin bread, milk	19 th B: Pancakes, fruit salad, milk L: Roast turkey, pomegranate, cranberry relish, cornbread stuffing, oranges, milk S: Apple bars and milk
	SQUASH	23 rd B: Cereal, bananas, milk L: Potato corn chowder, spaghetti squash, rolls, pears, milk S: Vanilla pudding, apples, milk	24 th B: Cranberry bread, oranges, milk L: Chicken Paella, sauté squash & onions, fruit salad, milk S: Veggies and pretzels w/ hummus, milk	25 th B: Cheesy eggs, toast, fruit salad, milk L: Turkey, Swiss, cucumber and hummus wrap, veggie slaw, oranges, milk S: Apple muffins, dried fruit mix, milk	26 th Stepping Stones Closed

NOVEMBER MENU