




-NOVEMBER 2015-

Discoveries Learning Centers



Monday	Tuesday	Wednesday	Thursday	Friday
2 Breadsticks with Marinara Sauce Celery and Cream Cheese	3 Waffles and Applesauce Pita Bread with Tzatziki Sauce	4 English Muffin with Cream Cheese Baby Carrots and Hummus	5 Organic Milk with Cereal Oranges, String Cheese and WW Crackers	6 Toast with Sunflower Butter Snack Mix with Fresh Fruit
9 Bagels and Cream Cheese with Fruit Baby Carrots and Hummus	10 Tomato Rice with Peas and Carrots Fresh Fruit with Cheese Cubes	11 Cheddar Cheese Quesadillas with Apple Wedges Strawberry Tidbits and Yogurt	12 Toast with Hard Boiled Egg Celery and Cream Cheese	13 Oatmeal with Raisins Fresh Fruit and WW Crackers
16 Grilled Cheddar Cheese Sandwiches Rice Cakes with Sunflower Butter	17 Breadsticks with Marinara Sauce Cheese and WW Crackers	18 English Muffin Pizzas Snack Mix with Fresh Fruit	19 Rice Cakes with Sunflower Butter Apple Wedges and Cheese Cubes	20 Organic Milk with Cereal Baby Carrots and Hummus
23 Waffles and Applesauce Snack Mix with Fresh Fruit	24 Cheddar Cheese Quesadillas with Apple Wedges Mango Tidbits and Yogurt	25 Toast with Sunflower Butter WW Crackers with String Cheese	26 THANKSGIVING HOLIDAY SCHOOL CLOSED 	27 HOLIDAY SCHOOL CLOSED

Water served with all meals * Menu is subject to change based on food availability