








ECFC PRE-K NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 1/2 Day School Cinnamon Bun Strawberries
4 No School 	5 Election Day No School 	6 Cereal & Toast Raisins Mini Pancakes & Sausage Hash Brown Coins Baby Carrots Mandarin Oranges Milk	7 Flapstick Mandarin Oranges Soft Taco Cheese, Lettuce, & Salsa Refried Beans Apple Slices Milk	8 Mini Pancakes Apple Slices Chicken Parmesan Dippers Breadstick Green Beans Peaches Milk
11 Biscuit & Gravy Raisels Chicken Patty on Bun Corn Pineapple Milk	12 French Toast Sticks Pineapple Chicken & Noodles Steamed Broccoli Apple Slices Milk	13 Pancake Sausage Sandwich Apple Slices Pizza Sticks Marinara Sauce Green Beans Clementines Milk	14 Scrambled Eggs & Toast Clementines Grilled Cheese Cowboy Beans Peaches Milk	15 Donut Peaches Pepperoni Pizza Bento Box Mixed Fresh Veggies Ranch Mandarin Oranges Milk
18 Mini Waffles Craisin Hamburger on Bun Tator Tots Mixed Fruit Milk	19 Flapstick Mixed Fruit Teriyaki Chicken with Rice Steamed Broccoli Apple Sauce Milk	20 Mini Pancakes & Syrup Apple Sauce Four Cheese Garlic Bread Marinara Sauce Green Beans Peaches Milk	21 Cereal & Toast Peaches Roast Turkey Mashed Potatoes & Gravy Green Beans Pears Milk	22 Mini French Toast Pears Corn Dog Baked Beans Pineapple Milk
25 Long John Raisins Cheese Pizza Green Beans Mandarin Oranges Milk	26 Frudel Mandarin Oranges Popcorn Chicken Oven Fries Fruit Milk	27 	28	29