


NOVEMBER 2020

MEAL SCHEDULE
According to the arrival time of each
Class room

| Happy Thanksgiving | | | | | DOVER/ EHS MENU |
|---|---|---|---|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| 2 B- FRENCH TOAST, PINEAPPLE JUICE L- BEEF STEW, RICE , WHOLE WHEAT BREAD, MIXED VEGETABLES MANDARIN ORANGE S- YOGURT WITH FRUIT | 3 B- SCRAMBLED EGGS, ORANGE JUICE WHOLE WHEAT BREAD L- CHICKEN NUGGETS SWEET POTATOE FRIES WHOLE WHEAT BREAD DICED PEARS S- LORNA DOONES <u>NO E.H.S. CLASSES</u> | 4 B- WHOLE GRAIN BAGEL LITE CREAM CHEESE CRANBERRY JUICE L- SALISBURY STEAK MASHED POTATOES WHOLE WHEAT BREAD MIXED VEGETABLES FRESH ORANGE S- GOLDFISH CRACKERS | 5 <u>NO CLASSES</u> <u>PARENT-TEACHER</u> <u>CONFERENCES</u> | 6 <u>NO CLASSES</u> <u>PARENT-TEACHER</u> <u>CONFERENCES</u> | |
| 9 B- HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- MACARONI & CHEESE WHOLE WHEAT BREAD BROCCOLI MANDARIN ORANGE S- ANIMAL CRACKERS | 10 B- PANCAKE SAUSAGE APPLE JUICE L- BLACK BEANS RICE WHOLE WHEAT BREAD GREEN BEANS FRESH ORANGE S- DRIED CRANBERRIES | 11 B- CORN MUFFIN APPLE SAUCE L- SPAGHETTI W/ MEAT BALLS WHOLE WHEAT BREAD CARROTS & PEAS TROPICAL FRUIT S- WHOLE WHEAT CRACKERS & CHEESE | 12 B- OATMEAL RAISINS GRAPE JUICE L- ROASTED CHICKEN MASHED POTATOES WHOLE WHEAT BREAD MIXED VEGETABLES DICED PEACHES M- DRIED CRANBERRIES | 13 B- CHEERIOS CEREAL BANANA L- GRILLED CHEESE ON WHOLE WHEAT BREAD TOMATOIE SOUP APPLE SAUCE S- GOLDFISH CRACKERS | |
| 16 B- WAFFLES PINEAPPLE JUICE L- PINTO BEANS RICE GREEN BEANS, WHOLE WHEAT BREAD DICED PEARS S- RITZ BITS CHEESE CRACKERS | 17 B- YOGURT STRAWBERRY SALSA, DICED PEACHES, BLUEBERRIES L- WHOLE GRAIN PENNE PASTA W/ MEAT SAUCE SLICED CARROTS & KERNEL CORN WHOLE WHEAT BREAD MANDARIN ORANGES S- GOLDFISH CRACKERS | 18 B- FRENCH TOAST CRANBERRY JUICE L- ROASTED TURKEY WITH GRAVY, MASHED POTATOES, MIXED VEGETABLES, WHOLE WHEAT BREAD, FRESH APPLE S- ANIMAL CRACKERS | 19 B-CORN FLAKES CEREAL BANANA L- CHICKEN NUGGETS FRENCH FRIES WHOLE WHEAT BREAD FRESH STRAWBERRIES S- LORNA DOONES | 20 B-CORN MUFFIN APPLE SAUCE L- CHEESE PIZZA, W/ EXTRA CHEESE, TOSSED SALAD PINEAPPLE TIBBITS S- DRIED CRANBERRIES | |
| 23 B-CHEESE OMELETTE ORANGE JUICE, WHOLE WHEAT BREAD L- ROASTED TURKEY WITH GRAVY, MASHED POTATOES, MIXED VEGETABLES, WHOLE WHEAT BREAD, FRESH APPLE S- ANIMAL CRACKERS | 24 B-CORN MUFFIN APPLE SAUCE L- RICE & BLACK BEANS GREEN BEANS WHOLE WHEAT BREAD, MANDARIN ORANGE S- RITZ BITS CHEESE & CRACKERS | 25 B- RICE CRISPY CEREAL BANANA L- TURKEY SANDWICH W/ CHEESE, ON WHOLE WHEAT BREAD, BABY CARROTS, APPLE JUICE, FRESH APPLE LORNA DOONES <u>12:30PM DISMISSAL</u> <u>LUNCH BAG</u> | 26 THANKSGIVING BREAK SCHOOL CLOSED | 27 THANKSGIVING BREAK SCHOOL CLOSED | |
| 30 B- PANCAKES, SAUSAGE, APPLE JUICE L- MACARONI & CHEESE WHOLE WHEAT BREAD BROCCOLI & KERNEL CORN, FRUIT COCKTAIL S- DRIED CRANBERRIES | | | | |  |

MENU SUBJECT TO CHANGE WITHOUT NOTICE
"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Portions suggested by the Food Program for Children and Adults
Head start children are served 1% Milk and Water with every meal and snack every day.
All E.H.S. children 2 years old and younger are served whole milk with every meal.
HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY