

# Palcare – November 2018

MON	TUE	WED	THU	FRI
<p>Most Entrees Cooked from Scratch Organic Produce Served when Possible, Conventional Produce Follows the "Shoppers Guide to Pesticides" Methodology to Reduce Potential Pesticide Exposures up to 92%</p> <p>We Feature Humanely Raised Meats Milk is Hormone &amp; Antibiotic Free Snack Rotation Subject to Change</p>	<p>Breakfast Portion Grain/Bread: 1/2 slice, 1/2C, or .5 oz Fruit: 1/2C Milk: 3/4C or 1/2C &lt;2 yr</p> <p>Lunch Portion Meat/Alt 1.5 oz, Grain/Bread 1/2 slice or 1/4C, Veg &amp; Fruit (2 types) 1/2C total, Milk 3/4 cup or 1/2 cup &lt;2 yr</p> <p>PM Snack Portion Veg or Fruit 1/2C, Meat/Alt 1 oz or 1/4C Grain /Bread: 1/2 slice or 1/3C or .5oz</p>		<p>1</p> <p><u>AM Snack</u> Nutri Grain Bar with Seasonal Fruit</p> <p><u>Lunch</u> Chili Verde Cheese Enchiladas with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Celery Sticks with Hummus Dip</p>	<p>2</p> <p><u>AM Snack</u> Zucchini Bread &amp; Seasonal Fruit</p> <p><u>Lunch</u> Pineapple Sausage Stir Fry with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Baked Veggie Straws with Avocado Dip</p>
<p>5</p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Cuban Plantains with Rice &amp; Beans and Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p>6</p> <p><u>AM Snack</u> Mini Bagels with Cream Cheese &amp; Seasonal Fruit</p> <p><u>Lunch</u> Mild Yellow Curry Chicken and Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Chex Mix</p>	<p>7</p> <p><u>AM Snack</u> Vanilla Yogurt with Seasonal Fruit</p> <p><u>Lunch</u> Pasta with Marinara &amp; Chicken with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Shelled Edamame</p>	<p>8</p> <p><u>AM Snack</u> Whole Grain Cereal with Seasonal Fruit</p> <p><u>Lunch</u> Turkey Meatloaf with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Fresh Veggie Sticks with Ranch</p>	<p>9</p> <p><u>AM Snack</u> Mini Muffin &amp; Seasonal Fruit</p> <p><u>Lunch</u> Grilled Chicken Burger with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Egg Salad with Crackers</p>
<p>12</p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Pasta with Meat Sauce with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p>13</p> <p><u>AM Snack</u> Waffles and Jelly with Seasonal Fruit</p> <p><u>Lunch</u> Mandarin Orange Chicken with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Breadsticks with Marinara</p>	<p>14</p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Hamburger with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Veggie Sticks with Ranch</p>	<p>15</p> <p><u>AM Snack</u> Nutri Grain Bar with Seasonal Fruit</p> <p><u>Lunch</u> Baked Chicken Tenders with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Celery Sticks with Hummus Dip</p>	<p>16</p> <p><u>AM Snack</u> Zucchini Bread &amp; Seasonal Fruit</p> <p><u>Lunch</u> Cheese Pizza with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Baked Veggie Straws with Avocado Dip</p>
<p>19</p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Garden Alfredo Lasagna and Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p>20</p> <p><u>AM Snack</u> Mini Bagels with Cream Cheese &amp; Seasonal Fruit</p> <p><u>Lunch</u> Cheese Quesadilla with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Chex Mix</p>	<p>21</p> <p><u>AM Snack</u> Vanilla Yogurt with Seasonal Fruit</p> <p><u>Lunch</u> Chicken &amp; Veggie Pot Stickers with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Shelled Edamame</p>	<p>22</p> <p><u>THANKSGIVING</u> <u>BREAK</u></p>	<p>23</p> <p><u>THANKSGIVING</u> <u>BREAK</u></p>
<p>26</p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Chicken &amp; Waffles with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p>27</p> <p><u>AM Snack</u> Waffles and Jelly with Seasonal Fruit</p> <p><u>Lunch</u> BBQ Chicken Drumsticks with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Breadsticks with Marinara</p>	<p>28</p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Cheeseburger with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Veggie Sticks with Ranch</p>	<p>29</p> <p><u>AM Snack</u> Nutri Grain Bar with Seasonal Fruit</p> <p><u>Lunch</u> Chicken &amp; Veggie Fried Rice with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Celery Sticks with Hummus Dip</p>	<p>30</p> <p><u>AM Snack</u> Zucchini Bread &amp; Seasonal Fruit</p> <p><u>Lunch</u> American Provolone Melt with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Baked Veggie Straws with Avocado Dip</p>