



# Krescent City Kids

## October/November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Breakfast</b> <sup>1</sup> Skim/Whole Milk Cheerios, Bananas <b>Lunch:</b> Skim/Whole Milk White Beans/Rice w/ Turkey Sausage, Green Beans, Mixed Fruit <b>Snack:</b> Vanilla Wafers, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> <sup>2</sup> Skim/Whole Milk French Toast, Blueberries <b>Lunch:</b> LF/Whole Milk Fish Sticks, Mashed Potatoes, Corn, Oranges <b>Snack:</b> Cheerios, Apples <b>(Wheat Toast: Lunch)</b>	<sup>3</sup>
<sup>4</sup>	<b>Breakfast</b> <sup>5</sup> Skim/Whole Milk Apple Jelly Toast, Banana <b>Lunch:</b> Skim/Whole Milk Chicken Noodle, Crackers, Oranges, Carrots <b>Snack:</b> Apple Jelly Sandwiches, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> <sup>6</sup> Skim/Whole Milk Pancakes, Strawberries <b>Lunch:</b> Skim/Whole Milk Meat Sauce, Salisbury Steak, Spaghetti, Pineapples, Peas <b>Snack:</b> Graham Crackers, pineapple slices <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> <sup>7</sup> Skim/Whole Milk Oatmeal, Blueberries <b>Lunch:</b> Skim/Whole Milk BBQ Chicken, Mac and Cheese, Green beans, apples <b>Snack:</b> Vanilla Wafers, Banana <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> <sup>8</sup> Skim/Whole Milk Grits, oranges <b>Lunch:</b> Skim/Whole Milk Beef Salisbury Steak, Mashed Potatoes, Mixed Fruit, peas <b>Snack:</b> String Cheese, Saltines <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> <sup>9</sup> Skim/Whole Milk Cheerios, Banana <b>Lunch:</b> Skim/Whole Milk Turkey and Cheese sliders, lettuce, tomato, peaches <b>Snack:</b> Graham Crackers, Blueberries <b>(Wheat Toast: Lunch)</b>	<sup>10</sup>
<sup>11</sup>	<b>Breakfast</b> <sup>12</sup> Skim/Whole Milk Cheerios, Banana <b>Lunch:</b> Skim/Whole Milk Red Beans / Rice w/ Turkey Sausage, oranges, peas <b>Snack:</b> String Cheese, Goldfish <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> <sup>13</sup> LF/Whole Milk Oatmeal, Blueberries <b>Lunch:</b> Skim/Whole Milk Sloppy Joes w/ Salisbury Steak, Oranges, corn <b>Snack:</b> Graham Crackers, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> <sup>14</sup> Skim/Whole Milk Pancakes, Strawberries <b>Lunch:</b> Skim/Whole Milk Chicken, Turkey Sausage Gumbo, Brown Rice, Pineapples, Peas <b>Snack:</b> Yogurt, Cheerios <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> <sup>15</sup> Skim/Whole Milk Cheerios, Bananas <b>Lunch:</b> Skim/Whole Milk White Beans/Rice w/ Turkey Sausage, Green Beans, Mixed Fruit <b>Snack:</b> Vanilla Wafers, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> <sup>16</sup> Skim/Whole Milk French Toast, Blueberries <b>Lunch:</b> LF/Whole Milk Fish Sticks, Mashed Potatoes, Corn, Oranges <b>Snack:</b> Cheerios, Apples <b>(Wheat Toast: Lunch)</b>	<sup>17</sup>

18	<b>Breakfast</b> 19 Skim/Whole Milk Apple Jelly Toast, Banana <b>Lunch:</b> Skim/Whole Milk Chicken Noodle, Crackers, Oranges, Carrots <b>Snack:</b> Apple Jelly Sandwiches, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 20 Skim/Whole Milk Pancakes, Strawberries <b>Lunch:</b> Skim/Whole Milk Meat Sauce, Salisbury Steak, Spaghetti, Pineapples, Peas <b>Snack:</b> Graham Crackers, pineapple slices <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 21 Skim/Whole Milk Oatmeal, Blueberries <b>Lunch:</b> Skim/Whole Milk BBQ Chicken, Mac and Cheese, Green beans, apples <b>Snack:</b> Vanilla Wafers, Banana <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 22 Skim/Whole Milk Grits, oranges <b>Lunch:</b> Skim/Whole Milk Beef Salisbury Steak, Mashed Potatoes, Mixed Fruit, peas <b>Snack:</b> String Cheese, Saltines <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 23 Skim/Whole Milk Cheerios, Banana <b>Lunch:</b> Skim/Whole Milk Turkey and Cheese sliders, lettuce, tomato, peaches <b>Snack:</b> Graham Crackers, Blueberries <b>(Wheat Toast: Lunch)</b>	24
25	<b>Breakfast</b> 26 Skim/Whole Milk Cheerios, Banana <b>Lunch:</b> Skim/Whole Milk Red Beans / Rice w/ Turkey Sausage, oranges, peas <b>Snack:</b> String Cheese, Goldfish <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 27 LF/Whole Milk Oatmeal, Blueberries <b>Lunch:</b> Skim/Whole Milk Sloppy Joes w/ Salisbury Steak, Oranges, corn <b>Snack:</b> Graham Crackers, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 28 Skim/Whole Milk Pancakes, Strawberries <b>Lunch:</b> Skim/Whole Milk Chicken, Turkey Sausage Gumbo, Brown Rice, Pineapples, Peas <b>Snack:</b> Yogurt, Cheerios <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 29 Skim/Whole Milk Cheerios, Bananas <b>Lunch:</b> Skim/Whole Milk White Beans/Rice w/ Turkey Sausage, Green Beans, Mixed Fruit <b>Snack:</b> Vanilla Wafers, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 30 Skim/Whole Milk French Toast, Blueberries <b>Lunch:</b> Skim/Whole Milk Fish Sticks, Mashed Potatoes, Mix Vegetables, Oranges <b>Snack:</b> Cheerios, Apples <b>(Wheat Toast: Lunch)</b>	31 
1  	<b>Breakfast</b> 2 Skim/Whole Milk Apple Jelly Toast, Banana <b>Lunch:</b> Skim/Whole Milk Chicken Noodle, Crackers, Oranges, Carrots <b>Snack:</b> Apple Jelly Sandwiches, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 3 Skim/Whole Milk Pancakes, Strawberries <b>Lunch:</b> Skim/Whole Milk Meat Sauce, Salisbury Steak, Spaghetti, Pineapples, Peas <b>Snack:</b> Graham Crackers, pineapple slices <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 4 Skim/Whole Milk Oatmeal, Blueberries <b>Lunch:</b> Skim/Whole Milk BBQ Chicken, Mac and Cheese, Green beans, apples <b>Snack:</b> Vanilla Wafers, Banana <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 5 Skim/Whole Milk Grits, oranges <b>Lunch:</b> Skim/Whole Milk Beef Salisbury Steak, Mashed Potatoes, Mixed Fruit, peas <b>Snack:</b> String Cheese, Saltines <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 6 Skim/Whole Milk Cheerios, Banana <b>Lunch:</b> Skim/Whole Milk Turkey and Cheese sliders, lettuce, tomato, peaches <b>Snack:</b> Graham Crackers, Blueberries <b>(Wheat Toast: Lunch)</b>	7
8	<b>Breakfast</b> 9 Skim/Whole Milk Cheerios, Banana <b>Lunch:</b> Skim/Whole Milk Red Beans / Rice w/ Turkey Sausage, oranges, peas <b>Snack:</b> String Cheese, Goldfish <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 10 LF/Whole Milk Oatmeal, Blueberries <b>Lunch:</b> Skim/Whole Milk Sloppy Joes w/ Salisbury Steak, Oranges, corn <b>Snack:</b> Graham Crackers, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 11 Skim/Whole Milk Pancakes, Strawberries <b>Lunch:</b> Skim/Whole Milk Chicken, Turkey Sausage Gumbo, Brown Rice, Pineapples, Peas <b>Snack:</b> Yogurt, Cheerios <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 12 Skim/Whole Milk Cheerios, Bananas <b>Lunch:</b> Skim/Whole Milk White Beans/Rice w/ Turkey Sausage, Green Beans, Mixed Fruit <b>Snack:</b> Vanilla Wafers, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 13 Skim/Whole Milk French Toast, Blueberries <b>Lunch:</b> LF/Whole Milk Fish Sticks, Mashed Potatoes, Corn, Oranges <b>Snack:</b> Cheerios, Apples <b>(Wheat Toast: Lunch)</b>	14

15	<b>Breakfast</b> 16 Skim/Whole Milk Apple Jelly Toast, Banana <b>Lunch:</b> Skim/Whole Milk Chicken Noodle, Crackers, Oranges, Carrots <b>Snack:</b> Apple Jelly Sandwiches, Bananas <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 17 Skim/Whole Milk Pancakes, Strawberries <b>Lunch:</b> Skim/Whole Milk Meat Sauce, Salisbury Steak, Spaghetti, Pineapples, Peas <b>Snack:</b> Graham Crackers, pineapple slices <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 18 Skim/Whole Milk Oatmeal, Blueberries <b>Lunch:</b> Skim/Whole Milk BBQ Chicken, Mac and Cheese, Green beans, apples <b>Snack:</b> Vanilla Wafers, Banana <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 19 Skim/Whole Milk Grits, oranges <b>Lunch:</b> Skim/Whole Milk Beef Salisbury Steak, Mashed Potatoes, Mixed Fruit, peas <b>Snack:</b> String Cheese, Saltines <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 20 Skim/Whole Milk Cheerios, Banana <b>Lunch:</b> Skim/Whole Milk Turkey and Cheese sliders, lettuce, tomato, peaches <b>Snack:</b> Graham Crackers, Blueberries <b>(Wheat Toast: Lunch)</b>	21			
22	<b>Breakfast</b> 23 Skim/Whole Milk Cheerios, Banana <b>Lunch:</b> Skim/Whole Milk Red Beans / Rice w/ Turkey Sausage, oranges, peas <b>Snack:</b> String Cheese, Goldfish <b>(Wheat Toast: Lunch)</b>	<b>Breakfast</b> 24 LF/Whole Milk Oatmeal, Blueberries <b>Lunch:</b> Skim/Whole Milk Sloppy Joes w/ Salisbury Steak, Oranges, corn <b>Snack:</b> Graham Crackers, Bananas <b>(Wheat Toast: Lunch)</b>	25	 <b>Thanksgiving Break</b> No School	26	 <b>Thanksgiving Break</b> No School	27	 <b>Thanksgiving Break</b> No School	28
29	<b>Breakfast</b> 30 Skim/Whole Milk Apple Jelly Toast, Banana <b>Lunch:</b> Skim/Whole Milk Chicken Noodle, Crackers, Oranges, Carrots <b>Snack:</b> Apple Jelly Sandwiches, Bananas <b>(Wheat Toast: Lunch)</b>								