**NOVEMBER 2008**

**CENTERS NAME:**_____

**COOK/SERVER:**_____

**YOUNG / OLDER TODDLERS**
**USE SMALL CANNED FRUITS / VEGETABLES FOR FRESH FRUIT OR RAW VEGETABLES NOT EASILY CHEWED**
**** MILK SERVED DAILY ****
**MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS.**
**ALL CHANGES MUST BE RECORDED SIGNED AND RETURNED WITH MONTHLY INVENTORY.**
**WHOLE MILK IS PROVIDED UP TO THE AGE 2.**
**SKIM MILK IS PROVIDED FOR THE AGE 2 AND OVER.**
**## THESE MENU ITEMS MAY CONTAIN A COMBINATION OF GROUND BEEF, PORK OR TURKEY.**

Lehigh Valley Child Care, Inc.

| 2008 | FAT | | FAT | NP= NEW PRODUCT LINE | | | | MEAL | FAT | SNACK | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | G | BREAKFAST | G | LUNCH | I-YT-OT | PS-PK | K-SA | REQ. | G | | |
| | | | | HIGH FAT DAY | 34 | | | | | | |
| MONDAY | 0 | ORANGE JUICE | 13 | PASTA WITH MEAT SAUCE | 2/8C | 1/2C | 3/4C | M-B | 0 | APPLE WEDGES | 2 |
| NOV | 1.5 | ASSORTED CEREALS | 9 | TOSSED SALAD WITH DRESSING | 1/8C | 1/4C | 3/8C | V | 9 | PEANUT BUTTER | 22.5 |
| 3 | 0.5 | MILK | 0 | PEACHES | 1/8C | 1/4C | 3/8C | F | 0.5 | MILK | 9.5 |
| | | | 0.5 | MILK | 1/2C | 3/4C | 1C | | 0 | | 34 |
| | | | | LOW FAT DAY | 24.5 | | | | | | |
| TUESDAY | 0 | JUICE | 13 | CHICKEN NOODLE SOUP W/VEGETABLES | 2/8C | 1/2C | 3/4C | M-B-V | 0.5 | GRAHAM CRACKERS | 1.5 |
| NOV | 1 | BAGEL WITH JELLY | 9 | CRACKERS WITH CHEESE | 4-1 OZ. | 4-1 OZ. | 6-1 OZ. | B-M | 0 | JUICE | 22.5 |
| 4 | 0.5 | MILK | 0 | FRESH FRUIT | 1/8C | 1/4C | 3/8C | F | 0 | | 0.5 |
| | | | 0.5 | MILK | 1/2C | 3/4C | 1C | | 0 | | 24.5 |
| | | | | HIGH FAT DAY | 40 | | | | | | |
| WEDNESDAY | 0 | JUICE | 23 | MACARONI & CHEESE WITH DICED HAM | 2/8C | 1/2C | 3/4C | M-B-M | 5 | ASSORTED CRACKERS | 2 |
| NOV | 1.5 | ASSORTED CEREALS | 9 | THREE BEAN SALAD | 1/8C | 1/4C | 3/8C | V | 0.5 | MILK | 32.5 |
| 5 | 0.5 | MILK | 0 | MIXED FRUIT | 1/8C | 1/4C | 3/8C | F | 0 | | 5.5 |
| | | | 0.5 | MILK | 1/2C | 3/4C | 1C | | 0 | | 40 |
| | | | | LOW FAT DAY | 28.5 | | | | | | |
| THURSDAY | | FRESH FRUIT | 19 | GRILLED CHEESE SANDWICHES | 1/2 | 1 | 1 | M-B | 0 | CELERY STICKS | 0 |
| NOV | | WHEAT TOAST | 0 | GREEN BEANS | 1/8C | 1/4C | 3/8C | V | 9 | PEANUT BUTTER | 19.5 |
| 6 | | MILK | 0 | FRESH FRUIT | 1/8C | 1/4C | 3/8C | F | 0 | | 9 |
| | | | 0.5 | MILK | 1/2C | 3/4C | 1C | | 0 | | 28.5 |
| | | | | LOW FAT DAY | 15 | | | | | | |
| FRIDAY | 0 | JUICE | 12 | HAM AND CHEESE ON WHEAT BREAD | 1/2 | 1 | 1 | M-B | 0 | SOFT PRETZEL | 2 |
| NOV | 1.5 | ASSORTED CEREAL | 0 | FRESH CARROTS | 1/8C | 1/4C | 3/8C | V | 0.5 | MILK | 12.5 |
| 7 | 0.5 | MILK | 0 | SLICED APPLES | 1/8C | 1/4C | 3/8C | F | 0 | | 0.5 |
| | | | 0.5 | MILK | 1/2C | 3/4C | 1C | | 0 | | 15 |
| | | | | MODERATE FAT DAY | 30 | | | | | | |
| MONDAY | 0 | FRESH FRUIT | 18 | CHICKEN NUGGETS | 2 | 3 | 4 | M | 0 | CARROT STICKS | 1.5 |
| NOV | 1 | RAISIN TOAST | 0 | CORN | 1/8C | 1/4C | 3/8C | V | 9 | PEANUT BUTTER | 19.5 |
| 10 | 0.5 | MILK | 1 | WHEAT DINNER ROLL | 1/2 | 1 | 1 | B | 0 | WATER | 9 |
| | | | 0.5 | DICED PEARS - MILK | 1/8C-1/2C | 1/4C-3/4C | 3/8C-1C | F | 0 | | 30 |
| | | | | LOW-MODERATE FAT DAY | 29.5 | | | | | | |
| TUESDAY | 0 | JUICE | 13 | BEEF NOODLE SOUP WITH VEGETABLES | 2/8C | 1/2C | 3/4C | M-B-V | 5 | VANILLA WAFERS | 2 |
| NOV | 1.5 | ASSORTED CEREAL | 9 | CRACKERS WITH CHEESE | 4-1 OZ. | 4-1 OZ. | 6-1 OZ. | B-M | 0 | JUICE | 22.5 |
| 11 | 0.5 | MILK | 0 | FRESH FRUIT | 1/8C | 1/4C | 3/8C | F | 0 | | 5 |
| | | | 0.5 | MILK | 1/2C | 3/4C | 1C | | 0 | | 29.5 |
| | | | | HIGH FAT DAY | 32.5 | | | | | | |
| WEDNESDAY | 0 | JUICE | 13 | PASTA WITH MEAT SAUCE | 2/8C | 1/2C | 3/4C | M-B | 0 | ASSORTED ENRICHED | 4.5 |
| NOV | 4 | WAFFLES W/SYRUP | 9 | TOSSED SALAD WITH DRESSING | 1/8C | 1/4C | 3/8C | V | 5 | CRACKERS | 22.5 |
| 12 | 0.5 | MILK | 0 | APPLESAUCE | 1/8C | 1/4C | 3/8C | F | 0.5 | MILK | 5.5 |
| | | | 0.5 | MILK | 1/2C | 3/4C | 1C | | 0 | | 32.5 |
| | | | | HIGH FAT DAY | 33.5 | | | | | | |
| THURSDAY | 0 | JUICE | 13 | HOT DOG ON A BUN | 1/2 | 1 | 1 | M-B | 0 | FRESH FRUIT | 2 |
| NOV | 1.5 | ASSORTED CEREALS | 9 | TATOR TOTS | 1/8C | 1/4C | 3/8C | V | 9 | CHEESE SLICES | 22.5 |
| 13 | 0.5 | MILK | 0 | FRESH FRUIT | 1/8C | 1/4C | 3/8C | F | 0 | | 9 |
| | | | 0.5 | MILK | 1/2C | 3/4C | 1C | | 0 | | 33.5 |
| | | | | HIGH FAT DAY | 38 | | | | | | |
| FRIDAY | 0 | FRESH FRUIT | 19 | PEANUT BUTTER AND JELLY POCKETS | 1/2 | 1 | 1 | M-B | 5 | MUFFIN | 4.5 |
| NOV | 4 | PANCAKE W/SYRUP | 0 | CARROTS | 1/8C | 1/4C | 3/8C | V | 0 | JELLY | 28.5 |
| 14 | 0.5 | MILK | 9 | CHEESE SLICES | 1/2oz | 1oz | 1oz | M | 0 | MILK | 5 |
| | | | 0.5 | MIXED FRUIT - MILK | 1/8C-1/2C | 1/4C-3/4C | 3/8C-1C | F | 0 | | 38 |
| | | | | HIGH FAT DAY | 33 | | | | | | |
| MONDAY | 0 | ORANGE JUICE | 16 | HAMBURGER ON A WHEAT BUN | 1/2 | 1 | 1 | M-B | 0 | ASSORTED ENRICHED | 2 |
| NOV | 1.5 | ASSORTED CEREALS | 9 | FRENCH FRIES | 1/8C | 1/4C | 3/8C | V | 5 | CRACKERS | 25.5 |
| 17 | 0.5 | MILK | 0 | SLICED APPLES | 1/8C | 1/4C | 3/8C | F | 0.5 | MILK | 5.5 |
| | | | 0.5 | MILK | 1/2C | 3/4C | 1C | | 0 | | 33 |
| | | | | LOW FAT DAY | 17 | | | | | | |
| TUESDAY | 0 | JUICE | 13 | HAM, GREEN BEAN & POTATO SOUP | 2/8C | 1/2C | 3/4C | M-B-V | 1 | ENRICHED HARD | 2 |
| NOV | 0 | HOT OATMEAL OR | 0.5 | CRACKERS WITH PEANUT BUTTER | 4-1TBSP | 4-1TBSP | 6-1 TBSP | B-N | 0 | PRETZEL | 14 |
| 18 | 1.5 | ASSORTED COLD CER | 0 | FRESH FRUIT | 1/8C | 1/4C | 3/8C | F | 0 | JUICE | 1 |
| | 0.5 | MILK | 0.5 | MILK | 1/2C | 3/4C | 1C | | 0 | | 17 |
| | | | | HIGH FAT DAY | 33.5 | | | | | | |
| WEDNESDAY | 0 | JUICE | 12 | MEATBALLS IN GRAVY | 1 OZ | 1 OZ | 2OZ. | M | 0 | FRESH FRUIT | 2 |
| NOV | 1.5 | ASSORTED CEREAL | 9 | MASHED POTATOES | 1/8C | 1/4C | 3/8C | V | 9 | CHEESE SLICES | 22.5 |
| 19 | 0.5 | MILK | 1 | WHEAT DINNER ROLL | 1/2 | 1 | 1 | B | 0 | | 9 |
| | | | 0.5 | SLICED PEACHES - MILK | 1/8C-1/2C | 1/4C-3/4C | 3/8C-1C | F | 0 | | 33.5 |
| | | | | LOW FAT DAY | 24 | | | | | | |
| THURSDAY | 0 | JUICE | 17 | SAUSAGE PATTY | 1 OZ | 1 OZ | 2OZ. | M | 5 | ASSORTED COOKIES | 1 |
| NOV | 0.5 | ENGLISH MUFFINS | 0 | CALIFORNIA BLEND (BROCCOLI,CARROTS & CAUL | 1/8C | 1/4C | 3/8C | V | 0.5 | MILK | 17.5 |
| 20 | 0.5 | MILK | 0 | BREAD STICKS | 2 | 4 | 4 | B | 0 | | 5.5 |
| | | | 0.5 | APPLESAUCE - MILK | 1/8C-1/2C | 1/4C-3/4C | 3/8C-1C | F | 0 | | 24 |
| | | | | LOW FAT DAY | 19.5 | | | | | | |
| FRIDAY | 0 | FRESH FRUIT | 16 | FISH NUGGETS | 2 | 3 | 4 | M | 0 | YOGURT | 2 |
| NOV | 1.5 | ASSORTED CEREAL | 0 | RED BEETS | 1/8C | 1/4C | 3/8C | V | 0 | JUICE | 17.5 |
| 21 | 0.5 | MILK | 1 | DINNER ROLL | 1/2 | 1 | 1 | B | 0 | | 0 |
| | | | 0.5 | PINEAPPLE - MILK | 1/8C-1/2C | 1/4C-3/4C | 3/8C-1C | F | 0 | | 19.5 |
| | | | | HIGH FAT DAY | 37.5 | | | | | | |
| MONDAY | 0 | JUICE | 8 | WEINER BEAN POT | 2/8C | 1/2C | 3/4C | M-M | 5 | TOSTADO CHIPS WITH | 1 |
| NOV | 0.5 | BAGELS | 9 | TOSSED SALAD WITH DRESSING | 1/8C | 1/4C | 3/8C | V | 0 | SALSA | 22.5 |
| 24 | 0.5 | MILK | 5 | WHEAT CRACKERS | 2 | 4 | 6 | B | 9 | SHREDDED CHEESE | 14 |
| | | | 0.5 | PINEAPPLE TIDBITS - MILK | 1/8C-1/2C | 1/4C-3/4C | 3/8C-1C | F | 0 | JUICE | 37.5 |
| | | | | HIGH FAT DAY | 33.5 | | | | | | |
| TUESDAY | 0 | JUICE | 12 | TURKEY IN GRAVY | 1 OZ | 1 OZ | 2OZ. | M | 0 | ASSORTED ENRICHED | 2 |
| NOV | 1.5 | ASSORTED CEREAL | 9 | CANDIED YAMS | 1/8C | 1/4C | 3/8C | V | 5 | CRACKERS | 26.5 |
| 25 | 0.5 | MILK | 5 | CORN BREAD MUFFIN | 1/2 | 1 | 1 | B | 0 | JUICE | 5 |
| | | | 0.5 | APPLESAUCE - MILK | 1/8C-1/2C | 1/4C-3/4C | 3/8C-1C | F | 0 | | 33.5 |
| | | | | LOW FAT DAY | 16.5 | | | | | | |
| WEDNESDAY | 0 | ORANGE JUICE | 0 | YOGURT | 1/2 | 1 | 1 | M | 0 | RAISNS | 1.5 |
| NOV | 1 | WHEAT TOAST/W JELL | 14 | RITZ CRACKERS WITH CHEESE | 4-1 OZ. | 4-1 OZ. | 6-1 OZ. | B-M | 0.5 | MILK | 14.5 |
| 26 | 0.5 | MILK | 0 | CUCUMBER WEDGES | 1/8C | 1/4C | 3/8C | V | 0 | | 0.5 |
| | | | 0.5 | FRESH FRUIT - MILK | 1/8C-1/2C | 1/4C-3/4C | 3/8C-1C | F | 0 | | 16.5 |
| | | | | | | | | | | | |
| THURSDAY | | | | | | | | | | | 0 |
| NOV | | | | CLOSED FOR THANKSGIVING HOLIDAY | | | | | | | 0 |
| 27 | | | | | | | | | | | 0 |
| | | | | | | | | | | | 0 |
| | | | | | | | | | | | |
| FRIDAY | | | | | | | | | | | 0 |
| NOV | | | | CLOSED FOR THANKSGIVING HOLIDAY | | | | | | | 0 |
| 28 | | | | | | | | | | | 0 |
| | | | | | | | | | | | 0 |