

**LBCC Child Development Center Menu  
November 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>- USDA is an Equal opportunity Provider and Employer - Menu is subject to change - Milk is low fat.</p>  <p><b>*Cereal:</b> Corn Flakes, Crispy Rice, Tasteeos, Kix, Oatmeal <b>*Crackers:</b> Animal Crackers, Saltines, Grahm Crackers, Cheese-It, Gold Fish Ritz Crackers, Club Crackers</p>	<p>1 <b>AM Snack</b> Cereal* (1/3 Cup) w/ Milk <b>Lunch</b> <b>Beef Fajitas</b> Beef Fajitas (1/3 Cup) Corn Tortilla (1 Ea) Pinto Beans (1/4 Cup) Orange (1/4 Cup) Milk (6 fl oz) <b>PM Snack</b> <b>Crackers*</b> w/ Milk</p>	<p>2 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Turkey &amp; Cheese Sandwich</b> Deli Turkey (2 oz), Swiss Cheese (1 Sl) Wheat Bread (2 Sl) Cucumber Slices (1/4 Cup) Ranch/Mayo/Mustard Apple (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>
<p>5 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Chicken Tenders</b> Baked Chicken Tenders (3 Pc) Potato Wedges (1/4 Cup) Ketchup (2 Pkts) Orange (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>6 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Beefy Mac &amp; Cheese</b> Seasoned Ground Beef (1/4 Cup) Whole Wheat Penne Pasta (1/4 Cup) Shredded Cheese (0.5 oz) Broccoli (1/4 Cup) Apple (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>7 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Bean &amp; Cheese Tostada</b> Refried Beans (1/4 Cup) Shredded Cheese (1 TBSP) Tostada Shell (1 Ea) Shredded Lettuce (1/2 Cup) Diced Peaches (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>8 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>BBQ Chicken</b> Seasoned Baked Chicken (1/3 Cup) Corn Muffin (1 Ea) Mashed Potatoes (1/4 Cup) Orange (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>9 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Italian Roll</b> Salami &amp; Pepperoni (2 oz) Wheat bun (1 Ea), Swiss Cheese (1 Sl) Celery Sticks (1/4 Cup) Ranch/Mayo/Mustard Apple (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>
<p>12 <b>CDC CLOSED</b> HONORING ALL WHO SERVED <b>Veterans Day</b></p> 	<p>13 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Beef Nachos</b> Seasoned Ground Beef (1/4 Cup) Refried Beans (1/4 Cup) Shredded Cheese (1 TBSP) Tortilla Chips (1/2 Cup) Apple (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>14 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Beef &amp; Broccoli</b> Seasoned Ground Beef (1/4 Cup) Broccoli (1/4 Cup) Brown Rice (1/4 Cup) Mandarin Orange (1/4 Cup) Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>15 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Cheese Lasagna</b> Cheese Lasagna (1/2 Cup) Wheat Bread (1/2 Sl) Mixed Vegetables (1/4 Cup) Orange (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>16 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Deli Turkey &amp; Cheese</b> Deli Turkey (2 oz), Swiss Cheese (1 Sl) Wheat Bun (2 Sl) Celery Sticks (1/4 Cup) Ranch/Mayo/Mustard Apple (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>
<p>19 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Spaghetti &amp; Meatballs</b> Whole Wheat Spaghetti (1/4 Cup) Meat balls (3 oz; 4 Pieces) Tomato Sauce (1/4 Cup) Green Beans (1/4 Cup) Orange (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>20 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>BBQ Chicken</b> Seasoned Baked Chicken (1/3 Cup) Wheat Bread (1/2 Sl) Corn (1/4 Cup) Apple (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>21 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Baked Turkey in Gravy (1/3 Cup)</b> Mashed Potatoes (1/4 Cup) Wheat Roll (1 Ea) Pumpkin Pie (1 Sl) Diced Pears (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>22 <b>Thanksgiving</b> <b>CDC CLOSED</b></p> 	<p>23 <b>CDC CLOSED</b></p>
<p>26 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Mac &amp; Cheese</b> Whole Wheat Rotini Noodles (1/4 Cup) Cheese Sauce (1/4 Cup) Cauliflower (1/4 Cup) Orange (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>27 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Chicken Tenders</b> Baked Chicken Tenders (3 Pc) Potato Wedges (1/4 Cup) Ketchup (2 Pkts) Apple (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>28 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Turkey Bolognese</b> Ground Turkey (1/4 Cup) Tomato Sauce (1/4 Cup) Wheat Penne in Sauce (1/4 Cup) Green Peas (1/4 Cup) Mixed Fruit (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>29 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> <b>Sloppy Joes</b> Seasoned Ground Beef (1/3 Cup) Wheat Hamburger Bun (1 Bun) Mixed Vegetables (1/4 Cup) Orange (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>	<p>30 <b>AM Snack</b> Cereal (1/3 Cup) w/ Milk <b>Lunch</b> Deli Turkey (2 oz), Swiss Cheese (1 Sl) Wheat Bread (2 Sl) Celery Sticks (1/4 Cup) Ranch/Mayo/Mustard Apple (1/4 Cup), Milk (6 fl oz) <b>PM Snack</b> Crackers w/ Milk</p>

The Child and Adult Care Food Program is a component of the USDA and administered by The California Department of Education, Nutrition Services Division.  
CDC news, announcements, menu's, etc. are always available on our website: <http://childrencenter.lbcc.edu>