



# NOVEMBER | 2018

## Epworth Preschool & Daycare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> B: Oatmeal, Bananas L: Chef Salad (w/ turkey, ham, & eggs), Crackers, Mandarin Oranges S: Apple Cinnamon Muffins	<b>2</b> B: Whole Wheat English Muffins, Grapes, Yogurt L: Turkey & Cheese Sandwich, Celery & Ranch, Pretzels, Apples S: Goldfish crackers
<b>5</b> B: Whole Grain Cinnamon Muffin, Grapes L: Grilled Cheese, Tomato Soup, Carrots, Mandarin Oranges S: Fruit Slush Cup	<b>6</b> B: Cheerios, Bananas L: Chicken Nuggets, French Fries, Corn, Applesauce S: Tortilla Chips & Salsa	<b>7</b> B: Whole Multi-Grain Pancakes, Apples L: Beef Rotini, Mixed Vegetables, Pears S: Cinnamon Goldfish	<b>8</b> B: Life cereal, Oranges L: Smoked Sausage, Green Beans & Potatoes, Bread & Butter, Peaches S: Grapes	<b>9</b> B: Whole Wheat Toast, Applesauce L: BBQ Pork Sliders, Sugar Snap Peas, Goldfish crackers, Bananas S: Teddy Grahams
<b>12</b> B: Rice Chex cereal, Applesauce L: Sweet N Sour Meatballs, Rice, Green Beans, Blueberries S: Graham Crackers & Pudding	<b>13</b> B: Whole Grain French Toast Sticks, Oranges L: Scalloped Potatoes & Ham, Bread & Butter, Peas, Pears S: Ants on a Log	<b>14</b> B: Whole Wheat English Muffins, Grapes, Yogurt L: Chicken Noodle soup, Ham Sandwich, Carrots, Applesauce S: Oranges	<b>15</b> B: White Whole Wheat Bagels, Apples L: Tater Tot Casserole, Whole Grain Roll, Mixed Vegetables, Pineapple S: Crackers & Cheese	<b>16</b> B: Oatmeal, Bananas L: Sloppy Joe Sliders, Carrots & Ranch, Cheez-Its, Oranges S: Pretzels
<b>19</b> B: Cheerios, Bananas L: Cheesy Chicken & Rice, Broccoli, Mandarin Oranges S: Apples & Yogurt	<b>20</b> B: Life cereal, Oranges L: Ham, Sweet Potatoes, Bread & Butter, Peaches S: Teddy Grahams	<b>21</b> B: Whole Grain Cinnamon Muffin, Grapes L: Chicken Patty Sandwich, Cucumbers & Ranch, Chex Mix, Apples S: Cheez-Its crackers	<b>22</b> HAPPY THANKSGIVING  Epworth PS/DC CLOSED	<b>23</b> BLACK FRIDAY  Epworth PS/DC CLOSED
<b>26</b> B: Whole Grain French Toast, Oranges L: Beef Burritos, Mixed Vegetables, Applesauce S: Crackers & String Cheese	<b>27</b> B: White Whole Grain Bagels, Apples L: Cheese Pizza, Tossed Salad, Cottage Cheese, Peaches S: Craisins Fruit Snacks	<b>28</b> B: Rice Chex cereal, Applesauce L: Chicken Pot Pie w/ potatoes, corn, peas, & carrots, Whole Grain Roll, Pears S: Cucumbers & Ranch	<b>29</b> B: Oatmeal, Bananas L: Tuna Noodle Casserole, Peas, Pineapple S: Apples, Raisins, & Soy Butter	<b>30</b> B: Whole Wheat English Muffins, Grapes, Yogurt L: Turkey & Cheese Cracker Stackers, Broccoli & ranch, Apples S: Bug Bites Grahams

### News