

Head Start Logan
November Menu 2013

Monday	Tuesday	Wednesday	Thursday
1 % milk will be served with all lunches			Hamburger Veg. Soup Wheat Crackers Cottage Cheese Peaches 1
Oven Fried Chicken Cooked Carrots Whole Grain Roll Pears 4	Sliced Ham Sweet Potatoes Whole Grain Bread Pineapple Chunks 5	Baked Tilapia/Tartar Sauce - 1.5 oz Lima Beans ½ slice of whole grain bread Applesauce 6	Goulash Green Beans ½ whole grain roll Apricots 7
Veterans Day CAPCI L Closed 11	Tuna Noodle Casserole Peas ½ Slice whole grain bread Mandarin Oranges 12	Chopped Beef Steak Butter Beans ½ slice Whole Grain Bread Fruit cocktail 13	Chicken Broccoli Rice & Cheese Casserole Green Beans ½ slice Whole Grain Bread Pineapple 14
Pinto Beans & Ham Cole Slaw Cornbread Mandarin Oranges 18	Chicken Pasta Bake Garlic Bread Corn Pears 19	Turkey Polish Sausage Sweet potatoes & apples Pickled beets 20	Roasted Turkey Mash potatoes Peas ½ slice whole grain bread Applesauce 21
Meatloaf Cheesy mashed potatoes Broccoli ½ slice whole grain bread peaches 25	BBQ Grilled Chicken Cowboy beans Cauliflower pears 26	Turkey Corn Dog American Potatoes Raw veggies Bananas & mandarin oranges 27	Closed for Thanksgiving 28