

HSC Child Care Programs

Week of November 16 to November 20, 2009

| Monday Nov 16 | Tuesday Nov 17 | Wednesday Nov 18 | Thursday Nov 19 | Friday Nov 20 |
|--|---|---|--|---|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Party Mix Cereal | Raisin Toast Oranges | Waffles with Syrup | Eggs & Ham Toast | *Bagel with Cream Cheese |
| Lunch | Lunch | Lunch | Lunch | Lunch |
| Cheese Ravioli with Marinara Sauce Green Beans Apples | Chicken Thigh Spanish Rice Corn & Peas Fresh Fruit | Spaghetti with Ground Meat Sauce French Bread Mixed Veggies Fresh Fruit | Beef Hamburger Cooked Carrots Watermelon | Egg Salad Sandwich on Wheat Bread Vegetable Soup Fruit Salad |
| Alternative Lunch | Alternative Lunch | Alternative Lunch | Alternative Lunch | Alternative Lunch |
| same as above | Soy Nuggets Spanish Rice Corn & Peas Fresh Fruit | Spaghetti with Tomato Sauce French Bread Mixed Veggies Fresh Fruit | Veggie Burger Cooked Carrots Watermelon | same as above |
| Snack | Snack | Snack | Snack | Snack |
| Vanilla Wafers | Pretzels with Cream Cheese | Fruit Yogurt Crackers | Granola Bars | Bananas |

*plain toast or pancakes for Infants