THE CHILDREN'S CENTER OF AUSTIN
EST. 1999

November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Morning Snack** French Toast Sticks Seasonal Fresh Fruit **V** **Lunch** Turkey Meatloaf Green Beans Seasonal Fresh Fruit **Afternoon Snack** String Cheese Sticks & Ritz Crackers **V**	**3** **Morning Snack** Cereal **V** **Lunch** Ham & Cheese Sandwiches Baby Carrot Sticks w/ Ranch Dip Seasonal Fresh Fruit **Afternoon Snack** Cheese Crackers & Fresh Fruit **V**	**4** **Morning Snack** Waffles Topped w/ Blueberries **V** **Lunch** Turkey Sausage Pizza Garden Salad w/ Ranch Dressing Seasonal Fresh Fruit **Afternoon Snack** Nut-Free Trail Mix **V**	**5** **Morning Snack** Scrambled Eggs w/ Cheese Toasted English Muffin **V** **Lunch** Orange Chicken Veggie Rice Seasonal Fresh Fruit **Afternoon Snack** Baby Carrot Sticks w/ Ranch Dip **V**	**6** **Morning Snack** Cinnamon Toast **V** **Lunch** Salisbury Steak w/ Brown Gravy Green Beans Seasonal Fresh Fruit **Afternoon Snack** Warm Turkey and Cheese Tortilla Roll-Ups **V**
9 **Morning Snack** Potato & Chorizo Tacos **Lunch** Chicken Nuggets Mashed Potatoes & Steamed Broccoli Apple Sauce **Afternoon Snack** Jell-O & Pretzels **V**	**10** **Morning Snack** Yogurt Graham Crackers **V** **Lunch** Grilled Cheese & Tomato Soup Seasonal Fresh Fruit Cookie **V** **Afternoon Snack** Goldfish & Seasonal Fresh Fruit **V**	**11** **Morning Snack** Brown Sugar Oatmeal **V** **Lunch** Hamburgers Tator Tots Steamed Vegetable Blend **Afternoon Snack** Granola Bars & Seasonal Fresh Fruit **V**	**12** **Morning Snack** Cinnamon Rolls & Seasonal Fresh Fruit **V** **Lunch** Bean & Cheese Tostadas Topped w/ Shredded Lettuce & Salsa Steamed Vegetable and Pepper Blend Seasonal Fresh Fruit **V** **Afternoon Snack** Applesauce & Crackers **V**	**13** **Morning Snack** Sausage Biscuit **Lunch** Spaghetti with Meat Sauce Garden Salad with Ranch Dressing Seasonal Fresh Fruit **Afternoon Snack** Cheese Cubes and Pretzels **V**
16 **Morning Snack** Egg & Sausage Tacos **Lunch** Mac-n-Cheese Mixed Vegetables Seasonal Fresh Fruit **V** **Afternoon Snack** Soft Pretzels w/ Cheese Dip **V**	**17** **Morning Snack** Cereal **V** **Lunch** Turkey & Cheese Sandwiches Baby Carrot Sticks w/ Ranch Dip Seasonal Fresh Fruit **Afternoon Snack** Yogurt & Seasonal Fresh Fruit **V**	**18** **Morning Snack** Bean & Cheese Tacos **V** **Lunch** Crispy Chicken Sandwiches Potato Chips & Steamed Baby Carrots Seasonal Fresh Fruit **Afternoon Snack** Rice Cakes with Sunbutter **V**	**19** **Morning Snack** Biscuits & Jelly **V** **Lunch** Turkey Sausage Pizza Garden Salad w/ Ranch Dressing Seasonal Fresh Fruit **Afternoon Snack** Veggie Straws & Hummus **V**	**20** **Morning Snack** Blueberry Muffins V **Lunch** Steak Fingers w/ Brown Gravy Mashed Potatoes Seasonal Fresh Fruit **Afternoon Snack** Baked Pepperoni Rolls Marinara Dipping Sauce
23 **Morning Snack** Scrambled Eggs & Hashbrowns **V** **Lunch** Beef Lasagna Steamed Garden Vegetable Blend Seasonal Fresh Fruit **V** **Afternoon Snack** Nut-Free Trail Mix **V**	**24** **Morning Snack** Raisin Oatmeal **V** **Lunch** Chicken & Cheese Quesadilla Refried Beans Seasonal Fresh Fruit **Afternoon Snack** Fruit Cocktail & Oatmeal Bar **V**	**25** **Morning Snack** Cereal **V** **Lunch** Thanksgiving Luncheon **CCOA CLOSES AT 1PM**	**26** **CCOA CLOSED FOR THANKSGIVING**	**27** **CCOA CLOSED FOR THANKSGIVING**
30 **Morning Snack** French Toast Sticks Seasonal Fresh Fruit **V** **Lunch** Turkey Meatloaf Green Beans Seasonal Fresh Fruit **Afternoon Snack** String Cheese Sticks & Ritz Crackers				

Milk is offered with morning snack and lunch. Toddlers enjoy whole milk. Children over the age of 2 enjoy 1% milk.
Water is offered at every meal and throughout the day.

Infants and toddlers will receive apple sauce in lieu of apple slices and cooked carrots in lieu of raw carrots.
*Fruit is seasonal and subject to change * All items/ options on our menu are nut free. *