



NOVEMBER 2024

Precious Memories Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please be advised that food prepared here may contain these ingredients:</p>					1) Chicken Nuggets Cucumber Slices Melon Milk	2)
<p><u>Healthy Tips for Living</u> <i>During the preschool years, children go from toddlers who often throw tantrums to willing children who are</i></p>	4) Macaroni & Cheese Green Beans Applesauce Milk	5) Sunbutter & Jelly on Whole Wheat Cucumber Slices Pineapple Slices Milk	6) Chicken & Pasta Peas Apple Slices Milk	7) Grilled Cheese on Whole Wheat Carrots Melon Milk	8) English Muffin Pizza Broccoli Orange Slices Milk	<i>energy for exploration. Through eating right and playing a lot, preschoolers can maintain a healthy weight and stay energized</i>
<p><i>more willing to cooperate and want to please their parents. They also want to do things themselves, but are willing</i></p>	11) Pasta and Turkey Meatballs Peas Peach Slices & Milk	12) Cinnamon Pancakes Apple Slices with Sunbutter dip Milk	13) Cheese Quesadilla w/Salsa Green Beans Pineapple & Milk	14) Turkey Sandwich on Whole Wheat Cucumber Slices Orange Slices & Milk	15) Pasta Salad w/Turkey, Peas and Carrots Melon Milk	<i>as they get ready for the next big step in their young lives: kindergarten. Guiding a child's eating habits is delicate work</i>
<p><i>to learn from mom and dad. This give-and-take creates opportunities for parents to teach kids about healthy food choices in new</i></p>	18) Pasta w/ Alfredo Sauce Broccoli Applesauce Milk	19) Ground Turkey Tacos w/Lettuce, Tomato, cheese, chips Melon & Milk	20) Turkey Hot Dog Baked Beans Orange Slices Milk	21) Chicken & Pasta Peas Apple Slices Milk	22) Grilled Cheese on Whole Wheat Green Beans Pineapple Milk	<i>For information about getting your child to try new, healthy foods go to: www.kidshealth.org</i>
<p><i>and exciting ways. A balanced diet gives children the nutrients necessary for optimal growth and development, and the</i></p>	25) American Chop Suey w/ Ground Turkey Peas Peach Slices Milk	26) Cheese Quesadilla w/Salsa Broccoli Orange Slices Milk	27) Fish Sticks Sweet Potato Fries Melon Milk	28) THANKSGIVING DAY 	29) Sunbutter & Jelly on Whole Wheat Carrots Pears & Milk	
Breakfast: Cereal, Fruit, Toast, Milk & Juice						
Snacks: Goldfish, Cinnamon Toast Crunch/Cheerios Mix, Graham Crackers, Gerber Fruit Puffs, Fresh Fruit						
Whole Milk is All Natural & Free of Growth Hormones						