









**Trinity Child Care Center  
Lunch Menu  
November 2020**

Mon	Tue	Wed	Thu	Fri
2 	3 	4 	5 	6 
9 Turkey Sausage Patty 2 oz WW Croissant 1 Ea Hash Brown 2 oz Fresh Fruit 4 oz Milk 6 oz	10 WG Fish Sticks 4 oz WW Buttered Rotini 2 oz Carrots 4 oz Fresh Fruit 4 oz Milk 6 oz	11 	12 Beef Burger 2oz WW Burger Bun 2 pc Wheat Rotini 2 oz Carrots 4 oz Fresh Fruit 4oz Milk 6 oz	13 WW Low Fat Pizza 1Slice Spring Mix Spinach Salad 4oz Fresh Fruit 4 oz Milk 6 oz
16 WG Macaroni & Cheese 6oz WW Garlic Bread 1 pc Sliced Carrots 4 oz Fresh Fruit 4 oz Milk 6 oz	17 WG Chicken Tenders 2 oz Brown Rice 2 oz Black Beans 4 oz Fresh Fruit 4 oz Milk 6 oz	18 Swedish Meatballs In Gravy 2 oz Mashed Potatoes 2 oz WG Croissant 1 pc Fresh Fruit 4 oz Milk 6 oz	19 Turkey Hot Dog WW Hot Dog Bun 1 Ea Diced Carrots 4 oz Fresh Fruit 4 oz Milk 6 oz	20 WW Baked Ziti w/ Mozzarella 2 oz Green Beans 4 oz Fresh Fruit 4 oz Milk 6 oz
23 WG Cheese Tortellini 2 oz WW Bread 1 pc Broccoli 4 oz Fresh Fruit 4 oz Milk 6 oz	24 Baked Chicken Drums 2 oz Spanish Brown Rice 2 oz Black Beans 4 oz Fresh Fruit 4 oz Milk 6 oz	25 Sliced Turkey w/Gravy 2 oz WW Toast 1 pc Mashed Potatoes 4 oz Corn 4 oz Fresh Fruit 4 oz Milk 6 oz		27 
30 WG Chicken Patty 2 oz WW Bun 2 pc Mixed Vegetables 4 oz Fresh Fruit 4 oz Milk 6 oz			<b>Menu is Subject to Changes</b> Low-Fat Plain/Flavored Yogurt 4 Oz/ 15 g. Sugar Antibiotic & Hormone Free 1% Low-Fat White Milk Served Daily	<b>Seasonal Fruit Served Daily</b> <b>Oranges, Apples, Banana, Cantaloupe, Honey Dew, Tangerines, Pears, Strawberries, Watermelon (Seasonal Fruits.)</b>