

# Rodman Early Childhood Program November 16- November 27 , 2020



## Food Allergies

If your child has a food allergy and will be eating lunch please contact your child's School Nurse and The Food Service Director. A Doctor's Note will be required

**Breakfast and Lunch are free for all students everyday.**



## Lunch

MONDAY	11/16	TUESDAY	11/17	WEDNESDAY	11/18	THURSDAY	11/19	FRIDAY	11/20
<b>Cereal for Lunch</b> Cheese Slices Yogurt Juice Milk		<b>Chicken Nuggets</b> Sweet Corn Fresh Apple Milk		<b>Lunch Box</b> Turkey Goldfish Crackers Cucumbers Applesauce Milk Gluten Free Turkey Lunch Box/ Chex Cereal		<b>French Toast Sticks</b> Jones Chicken Sausage Glazed Carrots Peaches Milk		<b>Canton's Own Pizza</b> Garden Salad Orange Smiles Milk	
<b>Gluten Free Cereal</b>		<b>Gluten Free Nuggets</b>				<b>Gluten Free Pancakes</b>		<b>Gluten Free Pizza</b>	
MONDAY	11/23	TUESDAY	11/24	WEDNESDAY	11/25	THURSDAY	11/26	FRIDAY	11/27
<b>Chicken Nuggets</b> Tater Tots Apple Milk		<b>Grilled Cheese</b> Sweet Corn Applesauce Milk		<b>Canton's Own Pizza</b> Garden Salad Orange Smiles Milk		Thanksgiving Recess No School 		Thanksgiving Recess No School	
<b>Gluten Free Nuggets</b>		<b>Gluten Free Pizza</b>		<b>Gluten Free Pizza</b>					

## Daily Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mini Pancakes</b> Fresh Apple Milk	<b>Apple Cinnamon Muffin</b> Juice Milk	<b>Cereal</b> Orange Smiles Milk	<b>Cinnamon Roll</b> Juice Milk	<b>Cereal</b> Yogurt Applesauce Milk
<b>Gluten Free Pancakes</b>	<b>Gluten Free Cereal Juice Milk</b>	<b>Gluten Free Cereal Fruit Milk</b>	<b>Gluten Free Cereal Juice Milk</b>	<b>Gluten Free Cereal Fruit Milk</b>

A-la-carte items not included in the meals above will be paid from student lunch accounts.

### A-la-Carte

Milk  
Water

**Gluten Free Option Meals Highlighted in Green All meals served with milk fruit and vegetable**

**Pre-Pay into your Child's School Lunch Account on line at**  
<https://www.myschoolbucks.com>



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*All Meals Offered are Nutritionally Balanced and Include 5 Components Meat/Meat Alternate, Vegetable, Fruit, Grain and Milk  
We support and encourage students to make food selections from each of the Components offered every Day!  
Selecting at least 3 components and having at least one component be a fruit or vegetable serving makes it a Reimbursable Meal!*

This institution is an equal opportunity provider