




YMCA AFTERSCHOOL CARE NOVEMBER MENU



This institution is an equal opportunity provider. Menus are subject to change.


Snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chex Strawberry Yogurt Mix ^(WG) 100% Fruit Juice	3 	4 Baked Chips ^(WG) 100% Fruit Juice	5 Fruit Yogurt 100% Fruit Juice	6 Reduced Sugar Cinnamon Toast Crunch ^(WG) Assorted Skim Milk
9 Chocolate Chip Granola Bar ^(WG) 100% Fruit Juice	10 Cheez-Itz ^(WG) 100% Fruit Juice	11 Chocolate Chip Muffin ^(WG) 100% Fruit Juice	12 Baked Chips ^(WG) 100% Fruit Juice	13 Reduced Sugar Lucky Charms ^(WG) Assorted Skim Milk
16 Chex Strawberry Yogurt Mix ^(WG) 100% Fruit Juice	17 Baked Chips ^(WG) 100% Fruit Juice	18 Breakfast Bread ^(WG) 100% Fruit Juice	19 Fruit Yogurt 100% Fruit Juice	20 Reduced Sugar Cinnamon Toast Crunch ^(WG) Assorted Skim Milk

HAPPY THANKSGIVING BREAK

Snack Schools: Center Hill Elementary, Hernando Elementary, Hernando Hills Elementary, Oak Grove Central, DeSoto Central Primary, DeSoto Central Elementary, Pleasant Hill Elementary, Lewisburg Primary, Lewisburg Elementary

Super Snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mozzarella Cheese Sticks ^(WG) with Marinara Sauce Baby Carrots with Dip Chilled Fruit Assorted Skim Milk	3 	4 Grilled Chicken Sandwich ^(WG) Tater Tots Chilled Fruit Assorted Skim Milk	5 Chicken Tender Wrap ^(WG) Cucumber Sticks with Dip Chilled Fruit Assorted Skim Milk	6 Cereal ^(WG) & Yogurt 100% Vegetable Juice Chilled Fruit Assorted Skim Milk
9 Sausage, Egg, and Cheese ^(WG) 100% Vegetable Juice Chilled Fruit Assorted Skim Milk	10 Cheese Pizza ^(WG) Baby Carrots with Dip Chilled Fruit Assorted Skim Milk	11 Cheeseburger ^(WG) Tater Tots Chilled Fruit Assorted Skim Milk	12 Chicken Tender Wrap ^(WG) Cucumber Sticks with Dip Chilled Fruit Assorted Skim Milk	13 Cereal ^(WG) & Yogurt 100% Vegetable Juice Chilled Fruit Assorted Skim Milk
16 Mozzarella Cheese Sticks ^(WG) with Marinara Sauce Baby Carrots with Dip Chilled Fruit Assorted Skim Milk	17 Cheese Pizza ^(WG) Garden Salad Chilled Fruit Assorted Skim Milk	18 Grilled Chicken Sandwich ^(WG) Tater Tots Chilled Fruit Assorted Skim Milk	19 Chicken Tender Wrap ^(WG) Cucumber Sticks with Dip Chilled Fruit Assorted Skim Milk	20 Cereal ^(WG) & Yogurt 100% Vegetable Juice Chilled Fruit Assorted Skim Milk

HAPPY THANKSGIVING BREAK

Super Snack Schools: Horn Lake Elementary, Horn Lake Intermediate, Hope Sullivan Elementary, Shadow Oaks Elementary, Southaven Elementary, Southaven Intermediate, Greenbrook Elementary, Walls Elementary, Lake Cormorant Elementary, Chickasaw Elementary, Olive Branch Elementary, Olive Branch Intermediate, Overpark Elementary