



November. Snack. Menu.

Hawthorne Early Childhood Center



	MONDAY	TUESDAY	WEDNES	SDAY THUR	SDAY FRIDAY	
High-Fructose Com Sycup			1 Fresh Crisp Apple Goldfish Graham Cracker	2 WG Heartzel Pretzels 100% Orange Juice Cup	3 Fresh Cucumber Coins w/ LF Ranch Dip LF String Cheese	10 Apple Facts You Probably Didn't Know Eating apples can aid in brightening teeth.
	6	7	8	9	10	Apples are America's second favorite fruit.
	WG Plain Cheerios Cereal Bowl	Strawberry Banana Yogurt Cup	Cheddar Goldfish Crackers	Fresh Crisp Pear	WG Heartzel Pretzels	In Latin, the same word is used for both "apple"
Fried Foods	1% Low-fat Milk Pint	Goldfish Graham Cracker	100% Natural Applesauce	LF String Cheese	100% Orange Juice Cup	and "evil."
Mystery.Meats	13 Cheddar Goldfish	14 Fresh Bananas	15 Monterey Jack Cheese	16 WG Plain Cheerios	17 Fresh Celery Sticks	European pilgrims brought apples to Boston, Virginia, and the
	Crackers 100% Orange Juice Cup	Goldfish Graham Cracker	WG Soft Pretzel	Cereal Bowl 1% Low-fat Milk Pint	Sun Butter Cup	Southwest. Apples are 25% air.
ALWAYS fresh NEVER frozen	20 Fresh Crisp Apple	21 WG Heartzel Pretzels	22 No School	23 No School	24 No School	There are over 7,500 varieties of apples grown worldwide.
	Goldfish Graham Cracker	100% Orange Juice Cup	i to belioor			The apple is the official fruit of six states.
						The most-grown apple is Red Delicious.
**** 4-Star Schod LunchProvider!	27 Monterey Jack Cheese	28 Fresh Baby Carrots w/ LF Ranch Dip	29 Fresh Bananas	30 Cheddar Goldfish Crackers		The <mark>heaviest apple</mark> ever recorded weighed four pounds.
	WG Soft Pretzel	LF String Cheese	Goldfish Graham Cracker	100% Strawberry Applesauce		Apples can help ripen other fruit.





















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