

NOVEMBER 2023 GCDC Preschool menu	Substitutions are made for all allergies and religious exemptions.	1.Pancakes & Mixed fruit Chez-its	2. Toast & jelly with applesauce Pretzel goldfish	3. Rice Krispies cereal & raisins PB cracker sandwiches
6. Chex Cereal & Bananas Jungle crackers	7. Waffles & applesauce Cheddar sun chips	8.Blueberry muffins & Mixed fruit Chex mix	9. Closed for In - Service	10. Closed for Veteran's Day
13. Multigrain Cheerios & blueberries goldfish	14. English muffins & bananas Tortilla chips & salsa	15. Corn bread & Mixed fruit Pepperoni & cheese	16.Cinnamon Toast & Applesauce Cheese sandwich crackers	17. Kix Cereal & raisins Wheat thins
20. Life cereal & Bananas sunchips	21. Bagels & mixed fruit Chez-its	22. Croissants & applesauce Yogurt & graham crackers	23. CLOSED FOR THANKSGIVING	24 CLOSED FOR THANKSGIVING
27. Honey bunches of oats & raisin Pretzel goldfish	28. Toast w/jelly & bananas Trail mix	29. Apple muffins & applesauce Cheese & crackers	30. Waffles & mixed fruit Jungle crackers	Milk is served with breakfast, lunch & snack. Water is served throughout the day. Menu subject to change due to availability.