

Little Sprouts Academy
November Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 Breakfast: Homemade Apple and Granola squares & Organic Milk Lunch: Cheese Tortellini with Peas in a tomato sauce. Organic peaches & organic Milk PM Snack: Organic Apple with Almond butter	7 Breakfast: Pancakes, fresh fruit & Organic Milk Lunch: Chicken Tacos with Black beans and Tomato. Watermelon & Organic Milk PM Snack: Carrots and celery with ranch dip and Whole Grain Crackers	8 Breakfast: Ham, Cheese & Veggie Egg bake with fresh fruit and organic milk Lunch: Spinach & Organic Greek Yogurt Mac and Cheese (Whole Grain Pasta) & Pears PM Snack: White popcorn, dried fruit (apricot, cranberry) & pretzel trail mix	9 Breakfast: Cinnamon pumpkin bread with organic milk Lunch: Homemade Chicken noodle soup with Carrots and Peas. Bananas and organic milk PM Snack: Strawberry & Peanut butter Crepes	10 Breakfast: Sunflower butter and Bananas on Whole Grain Sprouted Bread Lunch: Chicken and wild Rice casserole with Mushrooms. Blueberries, and organic milk PM Snack: Cinnamon Sweet Potato chips and Mild Salsa
13 Breakfast: Peach and oat muffins with organic milk Lunch: Noodle, Chicken, and vegetable stir fry with fresh fruit and organic milk PM Snack: String Cheese and Fresh Fruit	14 Breakfast: French toast, fresh fruit, and organic milk Lunch: Atlantic Salmon with Cucumber dill sauce & Sweet Potatoes. Fresh fruit and organic milk PM Snack: Hummus, veggies (carrot & cucumber) with Corn chips or Whole Grain Crackers	15 Breakfast: Scrambled eggs with fresh fruit and organic milk Lunch: Cauliflower crust Pizza with Parmesan Cheese. Oranges and organic milk PM Snack: Granola & Raisin Trail Mix	16 Breakfast: Zucchini and Chocolate chip bread with organic milk Lunch: Tomato, Basil & Avocado on Toast with peaches and organic milk PM Snack: Yogurt with fruit and granola	17 Breakfast: Cream cheese and Jelly on Whole Grain Bagel with fresh fruit Lunch: Chicken and Brown rice soup with Celery and Carrots. Watermelon and organic milk PM Snack: Oat & apple monster cookies
20 Breakfast: Homemade apple and granola squares and organic Milk Lunch: Butternut squash and spinach tortellini. Banana and organic milk PM Snack: Organic cottage cheese and peaches	21 Breakfast: Pancakes, fresh fruit, and Organic milk Lunch: Fresh cod cakes with Green Beans. Mango and organic milk PM Snack: Yellow, orange and red peppers with ranch dip	22 Breakfast: Ham, Cheese & Veggie Egg bake with fresh fruit and organic milk Lunch: Homemade Meatloaf and Green Beans. Organic Pears & Organic Milk PM Snack: White popcorn, dried fruit (apricot, cranberry), pretzel trail mix	23 Breakfast: Banana and oat Bread with organic milk Lunch: Cod and Potato stew with organic strawberries & organic milk PM Snack: Organic Apple with Almond butter	24 Breakfast: Sunflower butter and bananas on Whole grain sprouted bread Lunch: Tuna Fish Sandwich on Whole Grain Sprouted Bread with oranges & organic milk PM Snack: Cinnamon Sweet Potato chips and Mild Salsa
27 Breakfast: Peach and oat muffins with organic milk Lunch: Cauliflower, wild rice and Beef burritos PM Snack: Organic Apple with Almond butter	28 Breakfast: French toast, fresh fruit, and organic milk Lunch: Sweet Potato Tater-tot Casserole with Grass-fed beef and Organic Milk PM Snack: Guacamole with bean chips or whole grain crackers	29 Breakfast: Scrambled eggs with fresh fruit and organic milk Lunch: Chicken Tacos with Black beans and Tomato, blueberries & Organic Milk PM Snack: Granola & Raisin Trail Mix	30 Breakfast: Homemade Organic Strawberry Jelly Strudel with organic milk Lunch: Chicken and Brown rice soup with Celery and Carrots watermelon and organic milk PM Snack: Yogurt with fruit and granola	

We do our best to provide nutritious, organic meals. If you have any questions about where we sourced our ingredients, please ask.
Organic items may not always be indicated as organic.