



2022

***** DON'T FORGET! *****
Set Your Clocks back 1
HOUR before you go to bed on
Saturday, November 5 and
change the batteries in your
smoke detectors too!



Daylight
Savings Time



**CENTRAL &
 GLENDALE
 PRE K**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Cereal Bar Raisins Orange Juice White Milk 1%	Dream Waffle Mixed Fruit Cup Apple Juice White Milk 1%	UBR Cookie Flavored Craisins Apple Juice White Milk 1%	Super Donut Fresh Apple Slices bag Apple Juice White Milk 1%	Pop Tart Applesauce Cup Orange Juice White Milk 1%	Cal 459 T.Fat 9.30 G S.Fat 3.8 G Chol 20.4 Mg

BREAKFAST WORKS !!!

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
7 Cheese Stuffed Breadstick w/ Dip Green Beans Apple Crisps White Milk 1%	8 NO SCHOOL TODAY! VOTE 	9 Cheeseburger Minis Peas Broccoli Applesauce Cup White Milk 1%	10 Domino's Pizza Broccoli and Dip Carrot Sticks Fresh Apple Slices bag White Milk 1%	11 Pop Corn chicken Goldfish wg Sweet Potato Waffle Fries Steamed Cauliflower Apple Juice White Milk 1%	Cal 537 T.Fat 17.44 G S.Fat 5.8 G Chol 49.7 Mg Sodm 928.58 Mg Carb 70.81 G Fiber 7.4 G Prtn 27.65 G Iron 2.79 Mg
14 Crazy Cheese Bread Marinara Cups Cauliflower Chilled Mandarin Oranges JonnyPop White Milk 1% <u>CELEBRATE WORLD KINDNESS DAY!!</u>	15 Calzone w/beef pepperoni Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie White Milk 1%	16 Taco Stick Salsa Cup Corn Applesauce Cup White Milk 1%	17 Domino's Pizza Garden Salad & Dressing Green Beans Peach Cup White Milk 1%	18 NO SCHOOL TODAY! 	Cal 575 T.Fat 16.90 G S.Fat 6.9 G Chol 48.0 Mg Sodm 1008.36 Mg Carb 76.12 G Fiber 6.2 G Prtn 30.93 G Iron 3.94 Mg




*Ingredients and menu items are subject to
change or substitution without notice.*

Celebrate World Kindness Day On Sunday, November
13 to promote kindness throughout the world

"This Institution is an equal
opportunity provider."

Free and Reduced meals are available to all children who may qualify. If you think you may be eligible, or if your income situation has changed, you can apply at anytime. Simply fill out a **current 2022-2023** application or go to the district website on the Nutrition page and click on the online application link anywhere, anytime on the Titan Family Portal. If you have any questions about the Free and Reduced meal program please call 440-439-4530.

CENTRAL & GLENDALE PRE K

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
21 Corn Puppies (turkey) & Condiments Potato Smiles Dragon Punch Juice Fruit Cocktail White Milk 1%	22 Grilled Cheese Green Beans Carrot Sticks Blue-Raspberry Cup White Milk 1%	23 NO SCHOOL TODAY!  Thanksgiving Break!	24 NO SCHOOL TODAY!  Thanksgiving Day!	25 NO SCHOOL TODAY!  Thanksgiving Break!	Cal 607 T.Fat 17.91 G S.Fat 6.4 G Chol 36.3 Mg Sodm 1082.45 Mg Carb 86.63 G Fiber 8.1 G Prtn 27.07 G Iron 2.20 Mg Calc 641.30 Mg Vit A 32.21 RE Vit C 35.71 Mg
28 Honey BBQ Beef Rib/Bun Potato Smiles Carrot Sticks Pineapple Tidbits White Milk 1%	29 Chicken Nuggets w/ BBQ Split Top Wheat Roll Corn Vegetarian Baked Beans Chilled Peaches White Milk 1%	30 Rotini Pasta w/ Meat Sauce Goldfish wg Veggie California Blend Chilled Pears White Milk 1%	1 DECEMBER 1 Domino's Pizza Red Veg Plate Peas Mixed Fruit Cup White Milk 1%	2 Ham and Cheese Stuffer Broccoli Carrot Sticks Applesauce Cup White Milk 1%	Cal 604 T.Fat 15.90 G S.Fat 5.6 G Chol 42.3 Mg Sodm 1107.72 Mg Carb 87.77 G Fiber 9.3 G Prtn 31.07 G Iron 3.60 Mg Calc 528.49 Mg Vit A 34.68 RE Vit C 38.21 Mg

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