

November Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
B'fast			1 WG Bagel & Cream Cheese Applesauce	2 Rice Krispies Fresh Pear	3 Yogurt & Berry Parfait w/ WG Granola
Lunch			Mexican Black Beans & Cheese WG Spanish Rice Corn on the Cob Fresh Fruit Salad	WG Beefy Mac Tossed Salad w/ Ranch Cantaloupe	Roasted Turkey w/ Gravy Mashed Potato Diced Peaches WG Dinner Roll
Snack			Turkey & Cheese WG Roll-up	WG Crackers Cheese Stick	Hummus & WG Tortilla Chips Banana
B'fast	6 WG Cheerios Cereal Pineapple Tidbits	7 WG Banana Bread Fresh Orange	8 Hard Boiled Egg & WG Roll Applesauce	9 Corn Flakes Fresh Pear	10 Veteran's Day No School
Lunch	Friendship Pocket (Build a WG Pita Bar w/ Turkey, Lettuce, Tomato, Cheese) Diced Pear	Beef & Bean WG Hard Taco Lettuce & Salsa Apricots	Orange Chicken Stir Fry WG Brown Rice Green Beans & Carrots Tropical Fruit Cup	WG Lasagna Roll Up w/ Marinara Sauce Tossed Salad w/ Ranch Fresh Tangerine	
Snack	Golden Delicious Apple Cheese Cubes	Mini WG Cornbread Loaf Milk	Cantaloupe WG Goldfish Crackers	WG Tortilla Chips Confetti Salsa	
B'fast	13 Rice Chex Pineapple Tidbits	14 Turkey Ham on WG Croissant Fresh Orange	15 WG Bagel & Cream Cheese Applesauce	16 Rice Krispies Fresh Pear	17 Yogurt & Berry Parfait w/ WG Granola
Lunch	Roast Pork Red Beans & WG Rice Fuji Apple	Bean and Cheese WG Tortilla Lettuce & Salsa Fresh Pear	Sloppy Joe on WG Bun California Vegetables Mandarin Orange	Braised Chicken Thigh WG Cornbread Homemade Greens Cantaloupe	WG Macaroni and Cheese Broccoli Diced Peaches
Snack	Hard Boiled Egg & Dijon Mayo WG Roll	Baby Carrots w/ Ranch Pretzel Sticks	Turkey & Cheese WG Roll-up	WG Crackers Cheese Stick	Hummus & WG Tortilla Chips Banana
B'fast	13 Rice Chex Pineapple Tidbits	14 Turkey Ham on WG Croissant Fresh Orange	15 WG Bagel & Cream Cheese Applesauce	16 Rice Krispies Fresh Pear	17 Yogurt & Berry Parfait w/ WG Granola
Lunch	Roast Pork Red Beans & WG Rice Fuji Apple	Bean and Cheese WG Tortilla Lettuce & Salsa Fresh Pear	Sloppy Joe on WG Bun California Vegetables Mandarin Orange	Braised Chicken Thigh WG Cornbread Homemade Greens Cantaloupe	WG Macaroni and Cheese Broccoli Diced Peaches
Snack	Hard Boiled Egg & Dijon Mayo WG Roll	Baby Carrots w/ Ranch Pretzel Sticks	Turkey & Cheese WG Roll-up	WG Crackers Cheese Stick	Hummus & WG Tortilla Chips Banana
B'fast	20 WG Cheerios Cereal Pineapple Tidbits	21 WG Banana Bread Fresh Orange	22 Hard Boiled Egg & WG Roll Applesauce	23 Thanksgiving Break No School	24 Thanksgiving Break No School
Lunch	Veggi Chili WG Cornbread Diced Pear	Chicken Gyros w/ WG Pita Bread Lettuce & Tomato Tzatziki-Yogurt Sauce Apricots	WG Cheese Pizza Tossed Salad w/ Ranch Tropical Fruit Salad		
Snack	Golden Delicious Apple Cheese Cubes	Mini WG Cornbread Loaf Milk	Cantaloupe WG Goldfish Crackers		
B'fast	27 Rice Chex Pineapple Tidbits	28 Turkey Ham on WG Croissant Fresh Orange	29 WG Bagel & Cream Cheese Applesauce	30 Rice Krispies Fresh Pear	
Lunch	Cheeseburger on WG Bun Sweet Potato Fries Fuji Apple Milk	Shredded Chicken WG Tortilla Lettuce & Salsa Fresh Pear Milk	Mexican Black Beans & Cheese WG Spanish Rice Corn on the Cob Fresh Fruit Salad	WG Beefy Mac Tossed Salad w/ Ranch Cantaloupe	
Snack	Hard Boiled Egg w/ Dijon Mayo WG Roll	Baby Carrots w/ Ranch Pretzel Sticks	Turkey & Cheese WG Roll-up	WG Crackers Cheese Stick	

Milk is served daily at breakfast and lunch. Children < 2 years old are served whole milk. When a specific food allergy is identified, appropriate food substitutions will be provided. Menu items are subject to change due to food availability or unplanned school closings. WG = whole grain

MEAL	FOOD COMPONENTS	AGE 1-2	AGE 3-5
Breakfast (Portions and servings)	Fluid Milk	½ C	¾ C
	Fruit or Vegetable	¼ C	½ C
	Breads; Cold Cereal; Granola	1/2 serving; 1/2 C; 1/8 C	1/2 serving; 1/2 C; 1/8 c
	Fluid Milk	½ C	1/2 C
Snack (portions and servings, must select two different components)	Vegetable	½ C	½ C
	Fruit	½ C	½ C
	Meat or Cheese or Cooked/Dry Beans/Peas or Peanut Butter, Nut/Seed Butters	½ oz	½ oz
		1T	1T
	Nut and/or Seeds or Yogurt	½ oz	½ oz
		¼ C	¼ C
	Breads/Grains; Pasta;	½ serving; ¼ C	½ serving; ¼ C
Lunch (Portions and servings)	Fluid Milk	½ C	¾ C
	Meat or Cheese or Cooked/Dry Beans/Peas or Peanut Butter, Nut/Seed Butters or Nut and/or Seeds or Yogurt	1 oz	1 ½ oz
		¼ C	3/8 C
		2T	3T
		1/2 oz	3/4 oz
		½ C	¾ C
	Vegetables and Fruits (1 each)	1/8 c each	1/4 c each
Grain/Bread, Rice or Pasta	½ serving, 1/4 c	½ serving, 1/4 c	



This institution is an equal opportunity provider.

Menus Reviewed & Approved by M. Robison, MPH, RD, LD 8/2017