

|  | November             |                            |                       |  |                       |
|--|----------------------|----------------------------|-----------------------|--|-----------------------|
| Week 3   | Monday 1             | Tuesday 2                  | Wednesday 3           | Thursday 4                                   | Friday 5              |
| <b>Breakfast</b>   | Melon                | Oatmeal                    | Peaches               | Waffles                                      | Apples                |
| <b>7:00AM</b>  | Multigrain cheerios  | Applesauce                 | Special K Peaches     | Strawberries                                 | Berry Kix cereal      |
|  | cereal with milk     | Milk                       | cereal with milk      | Milk   | Milk                  |
| <b>Snack</b>   | Salsa                | Nilla wafers               | Oatmeal squares       | Frosted mini wheats                          | Rice Krispies         |
|  | Tortilla chips       | American cheese            | Raisins               | Grapes                                       | Milk                  |
|  | Beef Barley Soup     | Turkey and egg             | Garbanzo soup         | Whole wheat spaghetti                        | Tomato soup           |
| <b>Lunch</b>   | Cheese crackers      | Fried rice                 | with vegetables       | Beef and                                     | Grilled cheese/turkey |
| <b>11:30AM</b>   | Potato tots          | Garden Salad               | Cheese Quesadilla     | Marinara sauce                               | Whole Wheat Bread     |
| <b>12:30PM</b>   | Peaches              | Mixed fruit                | Pears                 | Pineapples                                   | Mandarins             |
|  | Milk                 | Milk                       | Milk                  | Milk   | Milk                  |
|  | Ranch Chicken Cheese | Loaded Nachos              | Turkey Cheese roll on | Mozzarella cheese                            | Beef franks on        |
|  | Tortilla wrap        | Cheese, Beef, Sour cream,  | Wheat tortilla        | flatbread                                    | Hotdog Bun            |
| <b>Supper</b>  | Baby carrots         | Refried beans, Corn, Salsa | French fries          | Cheek peas                                   | Cucumbers             |
| <b>4:00P</b>   | Apples               | Oranges                    | Bananas               | Grapes                                       | Honey dew             |
|  | Milk                 | Milk                       | Milk                  | Milk   | Milk                  |
| Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. |                      |                            |                       |  |                       |
|  | Vegetable component  | Fruit component            | Whole grain rich      | 1m - 23m old-whole milk; 2y and over-1% milk |                       |
| This institution is an equal opportunity provider  |                      |                            |                       |  |                       |
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| November   |                     |                          |                   |  |                          |
|--|---------------------|--------------------------|-------------------|--|--------------------------|
| Week 4   | Monday 8            | Tuesday 9                | Wednesday 10      | Thursday 11                                  | Friday 12                |
| Breakfast  | Oatmeal             | Bagels, cream cheese     | Oranges           | Waffles                                      | Strawberries             |
| 7:00AM   | Applesauce          | Grapes                   | Cheerios          | Apples                                       | Special K strawberry     |
|  | Milk                | Milk                     | cereal with milk  | Milk   | cereal with milk         |
| Snack  | Rice Krispies       | String Cheese            | Oatmeal Squares   | Corn tortilla chips                          | Yogurt                   |
| 9:30A  | Milk                | Goldfish crackers        | Bananas           | Salsa  | Graham crackers          |
|  | Beef Sausage and    | Grilled cheese on        | Baked chicken     | Borsch-vegetarian soup                       | Macaroni and             |
| Lunch  | Vegetable Soup      | Whole wheat bread        | White rice        | Garlic breadsticks                           | Cheese                   |
| 11:30AM  | Cheese on WWbread   | Cauliflower Egg Frittata | Tomatoes          | Cheese cubes                                 | Baked beans              |
| 12:30PM  | Peaches             | Mandarines               | Melon             | Bananas                                      | Pears                    |
|  | Milk                | Milk                     | Milk              | Milk   | Milk                     |
| Supper   | Turkey and Cheese   | Beef and cheese          | Mozzarella cheese | Ritz crackers                                | Crunchy tacos            |
|  | Sub                 | quesadilla,sour cream    | Pizza             | Turkey and Cheese                            | Beef, cheese, sour cream |
| 4:00P  | Lettuce and tomato  | salsa, corn              | Baked Beans       | French fries                                 | Refried beans, tomatoes  |
|  | Oranges             | Apples                   | Watermelon        | Grapes                                       | Bananas                  |
|  | Milk                | Milk                     | Milk              | Milk   | Milk                     |
| Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. |                     |                          |                   |  |                          |
|  | Vegetable component | Fruit component          | Whole grain rich  | 1m - 23m old-whole milk; 2y and over-1% milk |                          |
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| November  |                     |                       |                        |                 |                            |
|-----------|---------------------|-----------------------|------------------------|-----------------|----------------------------|
| Week 1    | Monday 15           | Tuesday 16            | Wednesday 17           | Thursday 18     | Friday 19                  |
| Breakfast | Waffles             | Special K Blueberries | Pancakes               | Kix cereal      | Oatmeal squares            |
| 7:00AM    | Applesauce          | Blueberries           | Apples                 | Bananas         | Strawberries               |
|           | Milk                | Milk                  | Milk                   | Milk            | Milk                       |
| Snack     | Apples              | Milk                  | Oatmeal squares        | Yogurt          | String cheese              |
| 9:30A     | Rice crackers       | Rice Krispies         | Baked apples           | Cheese Crackers | Raisins                    |
|           | Chicken Alfredo     | Zesty Vegetable       | Turkey and egg         | Split Pea Soup  | Brunch for Lunch: Pancakes |
| Lunch     | whole wheat routine | Beef Soup             | Fried rice             | with Oatmeal    | Scrambled eggs             |
| 11:30AM   | Steamed vegetables  | Whole wheat bread     | Cabbage salad          | Grilled Cheese  | Potatoes tots              |
| 12:30PM   | Honey dew           | Peaches               | Pears                  | Pineapples      | Mandarines                 |
|           | Milk                | Milk                  | Milk                   | Milk            | Milk                       |
| Supper    | Beef franks on      | Turkey Cheese roll on | Whole Wheat bread      | Sloppy Joe      | Loaded Nachos              |
|           | Hotdog Bun          | Wheat tortilla        | Turkey breast sandwich | Sliders         | Cheese, Sour cream         |
| 4:00 P    | Carrots             | French fries          | Garden salad           | Cucumbers       | Corn, Beans, Salsa         |
|           | Oranges             | Grapes                | Bananas                | Apples          | Melon                      |
|           | Milk                | Milk                  | Milk                   | Milk            | Milk                       |

Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.

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|--|---|-----------------|------------------|--|
|  | Vegetable component                               | Fruit component | Whole grain rich | 1m - 23m old-whole milk; 2y and over-1% milk |
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| November  |                     |                     |                        |             |           |
|-----------|---------------------|---------------------|------------------------|-------------|-----------|
| Week 2    | Monday 22           | Tuesday 23          | Wednesday 24           | Thursday 25 | Friday 26 |
| Breakfast | Melon               | Cream cheese bagel  | Waffles                |             |           |
| 7:00AM    | Multigrain cheerios | Strawberries        | Applesauce             |             |           |
|           | cereal with milk    | Milk                | Milk                   |             |           |
| Snack     | Club crackers       | Oranges             | Wheat Thins            |             |           |
| 9:30A     | American cheese     | Oatmeal Squares     | Grapes                 |             |           |
|           | Turkey and egg      | Chicken Noodle Soup | Whole grain penne with |             |           |
| Lunch     | Fried rice          | Wheat thins         | with Beef and          |             |           |
| 11:30AM   | Cabbage salad       | Garden salad / egg  | Marinara               |             |           |
| 12:30PM   | Pears               | Pineapple           | Peaches                |             |           |
|           | Milk                | Milk                | Milk                   |             |           |
|           | Sloppy Joe          | Turkey and Cheese   | Mozzarella             |             |           |
|           | Hamburger roll      | Sub                 | Cheese Pizza           |             |           |
| Supper    | Baby carrots        | Cucumber            | Baked beans            |             |           |
| 4:00P     | Apples              | Melon               | Bananas                |             |           |
|           | Milk                | Milk                | Milk                   |             |           |

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