

1-Nov		2-Nov		3-Nov	
MONDAY		TUESDAY		FRIDAY	
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1/2 c.	WG Toasted O's Cereal	1.5 oz.	WG Raisin Bread/Marg	1/2 c.	WG Rice Chex Cereal
1/2	Fresh Banana	1/2 c.	Pineapple Tidbits	1/2 c.	Strawberry Applesauce
6 oz.	Chicken Taco Casserole (Diced Chicken, WG Noodles, Tomatoes, Cheddar Cheese)	4	BBQ Meatballs	4 oz.	WG Three Cheese Calzone
		1/3 c.	Carrots	1/2 c.	Broccoli Soup
1/3 c.	Green Beans	1/3 c.	Diced Pears in Juice	1/2	Fresh Banana
1/3 c.	Mandarin Orange Segments	1	Cornbread		
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1/4 c.	Vanilla Yogurt	1/2 c.	Baby Carrots/Ranch	1/2 c.	Fresh Apple Wedges
1 oz.	Graham Crackers	1 oz.	Pita Bread Triangles	1 oz.	Cheez-its Crackers

6-Nov		7-Nov		8-Nov		9-Nov		10-Nov	
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1/2 c.	WG Life Cereal	1.7 oz.	WG Banana Bread	1/2 c.	Corn Flakes Cereal	1.2 oz.	Cinnamon Bread/Marg	1/3 c.	Crispy Rice Cereal
1/2 c.	Pineapple Tidbits in Juice	1/2 c.	Mandarin Oranges	1/2	Banana	1/2 c.	Applesauce	1/2 c.	Diced Pears in Juice
6 oz.	Chicken Tetrazzini (Diced Chicken, Noodles, Gravy)	4	Meatballs and Sauce	2	Chicken Strips	2.6 oz.	Beef Patty	4 oz.	Turkey Cheese on WG Wheat
		1	Hot Dog Bun	1/3 c.	WG Rotini Noodles	1 sl.	American Cheese	1/2 c.	Minestrone Soup
1/4 c.	Peas and Carrots	1/3 c.	Broccoli	1/3 c.	Creamed Spinach	1/3 c.	Green Beans		
1/3 c.	Applesauce	1/3 c.	Pineapple Chunks	1/3 c.	Sliced Peaches	1/3 c.	Mandarin Orange Segments	1/3 c.	Applesauce
			Shredded Mozzarella			1	WG Bun		
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole 1% Milk
1/4 c.	Yogurt	1/2 c.	Diced Pears in Juice	1 oz.	Enriched Pretzel Sticks	1/2 c.	Tossed Salad/Ranch	1/2	Fresh Banana
1 oz.	WG Cornbread	1 oz.	WG Goldfish Crackers	1 oz.	String Cheese	1 oz.	WG Wheat Roll	1 oz.	Graham Crackers

13-Nov		14-Nov		15-Nov		16-Nov		17-Nov	
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1/2 c.	Special K Cereal	2 oz.	WG Banana Muffin	1/2 c.	WG Corn Chex Cereal	1.5 oz.	WG Bagel/Cream Cheese	1/8 c.	Granola
1/2 c.	Tropical Fruit	1/2 c.	Diced Pears in Water	1/2	Fresh Banana	1/2 c.	Pineapple Tidbits	1/2 c.	Diced Peaches
3 oz.	WG Breaded Chicken Patty	2 oz.	Beef Patty and Gravy	1 oz.	Glazed Turkey Ham	2.5 oz.	Sliced Turkey and Gravy	6 oz.	Meat Lasagna Bake (Ground Beef, Noodles, Ricotta, Sauce)
1/3 c.	WG Rice and Beans	1	Au Gratin Potatoes	1/2 c.	WG Macaroni and Cheese	1/4 c.	Cornbread Stuffing		
1/3 c.	Glazed Carrots			1/3 c.	Green Beans	1/4 c.	Mashed Potatoes	1/3 c.	Garlic Broccoli
1/3 c.	Applesauce	1/3 c.	Pineapple Chunks	1/3 c.	Diced Peaches in Light Syrup	1/4 c.	Green Bean Casserole	1/2	Fresh Banana
		1	WG Wheat Roll			1/4 c.	Cranberry Applesauce		
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1 oz.	Cheddar Cheese	1/2 c.	Pineapple Chunks	1/4 c.	Vanilla Yogurt	1/2 c.	Sliced Zucchini/Ranch	1 oz.	WG Rice Cakes
.75 oz.	Enriched Chex Snack Mix	.75 oz.	Saltine Crackers	1/8 c.	Granola	1 oz.	Pita Bread Triangles	1/2 c.	Cinnamon Applesauce

This institution is an equal opportunity provider

TODDLER PORTIONS

MEAT 1 oz.
VEGETABLE/FRUIT 1/4 c.
GRAIN 1/4 c.
MILK 1/2 c.

SCHOOL AGE PORTIONS

MEAT 2 oz.
VEGETABLE/FRUIT 3/4 c.
GRAIN 1/2 c.
MILK 1 c.

20-Nov		21-Nov		22-Nov		23-Nov		24-Nov	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1/2 c.	WG Toasted O's Cereal	1 oz.	WG Cornbread/Margarine	2.25 oz.	WG Blueberry Muffin	1/3 c.	WG Life Cereal	1 oz.	WG Biscuit and Jelly
1/2 c.	Pineapple Tidbits	1/2 c.	Sliced Peaches	1/2 c.	Diced Pears in Juice	1/2 c.	Tropical Fruit	1/2 c.	Applesauce
3 oz.	WG Breaded Chicken Nuggets	2 oz.	Chicken Alfredo	3 oz.	Beef Taco Meat	1 sl.	French Toast	5 oz.	Turkey Ham and Cheese Sand.
3/4 c.	Bowties and Broccoli	1/2 c.	WG Noodles	1/3 c.	Corn	2 oz.	Turkey Sausage Links	1/2 c.	Tossed Salad
		1/	Broccoli	1/3 c.	Lettuce/Salsa/Cheese	1/3 c.	Roasted Potatoes		(Romaine, Tomatoes, Ranch)
1/3 c.	Applesauce	1/3 c.	Peas	1/3 c.	Applesauce	1/2	Fresh Melon	1/3 c.	Diced Pears
		1/3 c.	Mandarin Orange Segments	1	Flour Tortilla		Maple Syrup		
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
.75 oz.	Enriched Pretzels	4	Fresh Apple Wedges	1/4 c.	Wheat Thins Crackers	1/2	Fresh Banana	1/2 c.	Pineapple Chunks
1/3 c.	Vanilla Yogurt	1 oz.	WG Raisin Bread/Margarine	1/2 c.	Sliced Peaches	.75 oz.	WG Animal Crackers	2 oz.	WG Banana Muffin

27-Nov		28-Nov		29-Nov		30-Nov	
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1/2 c.	Corn Puffs Cereal	1.4 oz.	WG Bagel/Lite Cream Cheese	1/2 c.	WG Toasted O's Cereal	1.5 oz.	WG Raisin Bread
1/2 c.	Diced Peaches	1/2 c.	Diced Pears in Juice	1/2	Fresh Banana	1/2 c.	Pineapple Tidbits
3 oz.	WG Breaded Chicken Nuggets	2 oz.	Sloppy Joe	6 oz.	Chicken Taco Casserole	4	BBQ Meatballs
1/3 c.	Spanish Rice	1/3 c.	Roasted Potatoes		(Diced Chicken, WG Noodles, Tomatoes, Cheddar Cheese)	1/3 c.	Carrots
1/3 c.	Sweet Peas						
1/3 c.	Pineapple Tidbits	1/3 c.	Diced Peaches in Light Syrup	1/3 c.	Green Beans	1/3 c.	Diced Pears in Juice
		1	WG Wheat Bun	1/3 c.	Mandarin Orange Segments	1	Cornbread
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1/2 c.	Salsa	1 oz.	Cheddar Cheese	1/2 c.	Vanilla Yogurt	1/2 c.	Baby Carrots/Ranch
1/2 oz.	WG Tortilla Chips	1/2 c.	Pineapple in Juice	1 oz.	Graham Crackers	1 oz.	Pita Bread Triangles

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TODDLER PORTIONS

MEAT 1 oz.
 VEGETABLE/FRUIT 1/4 c.
 GRAIN 1/4 c.
 MILK 1/2 c.

SCHOOL AGE PORTIONS

MEAT 2 oz.
 VEGETABLE/FRUIT 3/4 c.
 GRAIN 1/2 c.
 MILK 1 c.