

MEAL MENU

NOVEMBER 3 -7

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffin Apples Milk	Life cereal Craisins Milk	French Toast Peaches Milk	Cheerios cereal Raisins Milk	Pancakes Pineapple Milk
Lunch	Hot Dog Bun Bananas Green bean Milk or Water	Fish Sticks French fries Orange Cucumbers Milk or Water	Mac & Cheese Fruit cocktail Green salad Milk or Water	Pita bread pizza Mozzarella cheese Apples Baby carrots Milk or Water	Ham sandwich Oranges Tomatoes slices Milk or water
Snack	Goldfish Dried mango Water	Ritz crackers Yogurt Water	Pop tarts Water	Pretzels Cheese slices Water	Rice Krispies Craisins Water

November 10 -14

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagel Cream cheese or Butter Raisins Milk		French toast Peaches Milk	Frosted Flakes Raisins Milk	Pancakes Mandarin oranges Milk
Lunch	Turkey sandwich Pears Cucumber slices Milk or water	SCHOOL CLOSED	Spaghetti Meatballs Pineapple Green beans Milk or Water	Chicken patty Bun Oranges Broccoli Milk or water	Sun butter sandwich Oranges Tomato slices Milk or Water
Snack	Ritz crackers Cheese sticks Water		Animal crackers Yogurt Water	Chex mix Craisins Water	Saltine crackers Cheese slices Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango

MEAL MENU

November 17 -21

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry Muffin Apples Milk	Apple Jacks cereal Raisins Milk	French Toast Pears Milk	Cheerios cereal Craisins Milk	Pancakes Pineapple Milk
Lunch	Turkey hot dog Bun Bananas Cucumber Milk or Water	English Muffin Cheese melt Apples Baby carrots Milk or Water	Shell pasta Alfredo sauce Peaches Broccoli Milk or water	Fish sticks French fries Oranges Tomato slices Milk or Water	Cheese Quesadilla Peaches Red beans Milk or Water
Snack	Ritz Crackers Yogurt Water	Pop tarts Craisins Water	Saltine crackers Cheese slices Water	Rice Krispies Dried mangos Water	Pretzel Yogurt Water

November 24 - 26

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagel Cream cheese or Butter Raisins Milk	Cheerios cereal Craisins Milk	French Toast Peaches Milk		
Lunch	Turkey sandwich Oranges Cucumber Milk or Water	Chicken nuggets Tater tots Bananas Broccoli Milk or Water	Turkey hot dog Bun Apples Carrots Milk or Water	SCHOOL CLOSED	SCHOOL CLOSED
Snack	Graham crackers Dried mango Water	Club Crackers Cheese slices Water	Animal Crackers Yogurt Water		

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango