MEAL MENU

November 2 -6

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffins Apples Milk	Lucky charms Craisins Milk	French Toast Pineapples Milk	Golden Grahams cereal Raisins Milk	Pancakes Pears Milk
Lunch	Chili macaroni Peaches Corn Milk or Water	Turkey sandwich Oranges Tomato slices Milk or Water	Pita bread pizza Mozzarella cheese Apple Mixed vegetables Milk or Water	Chicken Patty on a bun Fruit cocktail Cucumbers Milk or Water	Grilled cheese Sandwich Bananas Baby carrots Milk or water
Snack	Goldfish Yogurt Water	Ritz crackers Cheese slices Water	Graham crackers Baby carrots Water	Saltine crackers Dried mango Water	Animal Crackers Craisins Water

November 9 -13

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagels/cream cheese Raisins Milk	Apple Jacks cereal Craisins Milk	French Toast Mandarin oranges Milk	Cheerios Raisins Milk	Pancakes Apples Milk
Lunch	Turkey sandwich Apples Carrots Milk or Water	Chicken nuggets French fries Oranges Tomato slices Milk or Water	Bowtie pasta Alfredo sauce Pears Corn Milk or Water	Sun Butter/jelly Sandwich Apples Cucumber slices Milk or water	Cheese roll up Bananas Baby carrots Milk or Water
Snack	Goldfish Yogurt Water	Club crackers Cheese slices Water	Pop tarts Craisins Water	Animal crackers Dried mango Water	Pretzel Craisins Water

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

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

Mixed Fruit contains: Pineapple, Peach, Mango

Assorted cereal contains: Apple jacks, Lucky charms, Frosted flakes

MEAL MENU

November 16 -20

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffins Apples Milk	Lucky charms Raisins Milk	French Toast Peaches Milk	Golden Grahams Craisins Milk	Pancakes Pineapples Milk
Lunch	Ham sandwich Oranges Cucumbers Milk or Water	Fish sticks Tater tots Bananas Baby carrots Milk or Water	Spaghetti/ meatballs Pears Green beans Milk or Water	Chicken Patty on a bun Apples Tomato slices Milk or Water	Turkey sandwich Bananas Baby carrots Milk or Water
Snack	Graham crackers Craisins Water	Saltine crackers Cheese slices Water	Pretzel Yogurt Water	Ritz crackers Dried Mangos Water	Rice Krispies Craisins Water

November 23 -25

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagels/cream cheese Raisins Milk	Apple jacks cereal Craisins Milk	French Toast Mandarin oranges Milk		
Lunch	Bologna sandwich Apples Cucumber Milk or Water	Beans and franks Rolls Peaches Milk or Water	Mac & Cheese Pears Corn Milk or Water	**CLOSED FOR**	THANKSGIVING
Snack	Saltine crackers Cheese sticks Water	Veggie sticks Raisins Water	Goldfish Baby carrots Water		

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

Mixed fruits contains: Peach Pineapple, Pear

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

Assorted cereal contains: Apple jacks, Lucky charms, Frosted flakes