November 2 - 6 **MEAL MENU**

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffins Apple Milk	Lucky charms cereal Craisins Milk	French toast Pineapples Milk	Golden Grahams Cereal Raisins Milk	Pancakes Pears Milk
Morning Snack	Wheat thins Cheese sticks Water	Celery Dried mango Water	Animal crackers Apple slices Water	Rice cakes Cheese slices Water	Club crackers Cucumber slices Water
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 Bun Fruit cocktail Cucumber Milk or Water	Grilled cheese Sandwich Bananas Baby carrots Milk or Water
Afternoon Snack	Goldfish Yogurt Water	Ritz crackers Cheese slices Water	Graham crackers Baby carrots Water	Saltine crackers Dried mango Water	Animal crackers Craisins Water

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

Fruit cocktail contains: Peach, Pineapple, Pear, Grape

Blend Fruit contains: Pineapple, Honeydew, Mango, Strawberries

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

Mixed fruit contains: Pineapple, Strawberries, Peach, Mango

November 9 - 13 **MEAL MENU**

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagels/cream cheese Raisins Milk	Apple Jacks cereal Craisins Milk	French toast Mandarin oranges Milk	Cheerios Cereal Raisins Milk	Pancakes Pineapples Milk
Morning Snack	Wheat thins Cheese sticks Water	Celery Dried mango Water	Animal crackers Apple slices Water	Rice cakes Cheese slices Water	Club crackers Cucumber slices Water
Lunch	Turkey sandwich Apples Baby 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 Bell pepper slices Milk or Water	Cheese roll up Bananas Baby carrots Milk or Water
Afternoon Snack	Goldfish Yogurt Water	Club crackers Cheese slices Water	Pop tarts Craisins Water	Animal crackers Dried mango Water	Pretzels Craisins Water

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

Fruit cocktail contains: Peach, Pineapple, Pear, Grape

Blend Fruit contains: Pineapple, Honeydew, Mango, Strawberries

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

Mixed fruit contains: Pineapple, Strawberries, Peach, Mango

November 16 - 20 **MEAL MENU**

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffins Apples Milk	Lucky charms cereal Raisins Milk	French toast Peaches Milk	Golden Grahams Cereal Craisins Milk	Pancakes Pineapples Milk
Morning Snack	Wheat thins Cheese sticks Water	Celery Dried mango Water	Animal crackers Apple slices Water	Rice cakes Cheese slices Water	Club crackers Cucumber slices Water
Lunch	Ham sandwich Oranges Cucumber Milk or Water	Fish sticks Tater tots Bananas Baby carrots Milk or Water	Spaghetti Meatballs Pears Green beans Milk or Water	Chicken patty Bun Apples Tomato slices Milk or Water	Turkey sandwich Bananas Baby carrots Milk or Water
Afternoon Snack	Graham crackers Craisins Water	Saltine crackers Cheese slices Water	Pretzel Yogurt Water	Ritz crackers Dried mango Water	Rice Krispies Craisins Water

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

Fruit cocktail contains: Peach, Pineapple, Pear, Grape

Blend Fruit contains: Pineapple, Honeydew, Mango, Strawberries

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

Mixed fruit contains: Pineapple, Strawberries, Peach, Mango