

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 11/1/18	FRIDAY 11/2/18
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk				WHOLE WHEAT WAFFLES PEACHES *MILK	WHOLE WHEAT FRENCH TOAST PEAR HALVES *MILK
<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk				BEANIE WEENIES SLICED BEEF FRANKS, BAKED BEANS WHOLE WHEAT ROLL FRUIT COCKTAIL *MILK	CHICKEN SOFT TACOS WHOLE WHEAT TORTILLA SLICED RED & YELLOW BELL PEPPERS WATERMELON *MILK
<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk				MULTI GRAIN CRACKERS TUNA WATER	WHOLE GRAIN RICE CAKES LOWFAT YOGURT WATER
<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk				TURKEY SLOPPY JOE WHOLE WHEAT BUN MIXED VEGETABLES BAKED BEANS *MILK	WHOLE WHEAT CHEESE PIZZA WITH PEPPERONI TOSSED SALAD ORANGE SLICES *MILK
<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain

\* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.

	MONDAY 11/5/18	TUESDAY 11/6/18	WEDNESDAY 11/7/18	THURSDAY 11/8/18	FRIDAY 11/9/18
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT ENGLISH MUFFIN WARM PEACHES *MILK <input type="checkbox"/> Whole Grain	SCRAMBLED EGGS HASHBROWNS *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES BANANAS *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE TOAST APPLESAUCE *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN WAFFLE PINEAPPLE *MILK <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	HOMEMADE MAC & CHEESE WITH WHEAT NOODLES PEAS & CARROTS CANTALOUPE SLICES *MILK <input type="checkbox"/> Whole Grain	SLICED TURKEY WHOLE WHEAT WRAP BAKED TATOR TOTS TOSSED SALAD *MILK <input type="checkbox"/> Whole Grain	CHICKEN SALAD WHOLE GRAIN PITA BREAD PINEAPPLE CHUNKS SHREDDED CARROTS *MILK <input type="checkbox"/> Whole Grain	FISH STICKS WHOLE WHEAT BUN COLE SLAW FRUIT SALAD *MILK <input type="checkbox"/> Whole Grain	BAKED CHICKEN WHOLE WHEAT ROLL BROCCOLI W/ CHEESE MASH POTATOES *MILK <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED ANIMAL CRACKERS GRAPE HALVES WATER <input type="checkbox"/> Whole Grain	ENRICHED PRETZELS STRING CHEESE WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CAKES LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	MULTI GRAIN CRACKERS VIENNA SAUSAGES WATER <input type="checkbox"/> Whole Grain	ENRICHED CHEEZ ITS PEAR HALVES <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	CHICKEN QUESADILLA WHOLE WHEAT TORTILLA SEASONED CORN PINEAPPLE CHUNKS *MILK <input type="checkbox"/> Whole Grain	BEEF SPAGHETTI WHOLE WHEAT NOODLES SWEET PEAS PEACHES *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT GRILLED CHEESE VEGETABLE SOUP APPLE SLICES *MILK <input type="checkbox"/> Whole Grain	TURKEY BURGER WHOLE WHEAT BUN FRENCH FRIES BAKED BEANS *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE PIZZA WITH PEPPERONI TOSSED SALAD ORANGE SLICES *MILK <input type="checkbox"/> Whole Grain

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	MONDAY 11/12/18	TUESDAY 11/13/18	WEDNESDAY 11/14/18	THURSDAY 11/15/18	FRIDAY 11/16/18
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN OATMEAL FRESH BLUEBERRIES *MILK <input type="checkbox"/> Whole Grain	LOW FAT YOGURT BANANA SLICES *MILK <input type="checkbox"/> Whole Grain	TURKEY SAUSAGE PATTY ORANGE WEDGES *MILK <input type="checkbox"/> Whole Grain	CREAM OF WHEAT PEAR HALVES *MILK <input type="checkbox"/>	WHOLE GRAIN CEREAL APPLE SLICES *MILK <input type="checkbox"/>
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	HAM & CHEESE ON WHOLE WHEAT WRAP CUCUMBER & TOMATO SALAD W/ MANDARIN ORANGES RANCH DRESSING *MILK <input type="checkbox"/> Whole Grain	SHRIMP FRIED BROWN RICE PEAS AND CARROTS HONEYDEW MELON *MILK <input type="checkbox"/> Whole Grain	SLICED HONEY HAM WHOLE WHEAT BREAD MASH POTATOES GREEN BEANS *MILK <input type="checkbox"/> Whole Grain	BEEF HAMBURGER MULTIGRAIN BUN  BAKED BEANS *MILK <input type="checkbox"/>	ROTISSERIE CHICKEN WHOLE WHEAT ROLL SQUAH CASSEROLE FRUIT COCKTAIL *MILK <input type="checkbox"/>
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PRETZELS APPLE SLICES WATER <input type="checkbox"/> Whole Grain	HAM & TURKEY CUBES MULTI GRAIN CRACKERS WATER <input checked="" type="checkbox"/> Whole Grain	ENRICHED TEDDY GRAHAMS CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	MULTIGRAIN SUNCHIPS PEAR HALVES WATER <input type="checkbox"/>	WHOLE GRAIN RICE CAKE 100% BERRY JUICE <input type="checkbox"/>
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input checked="" type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	CHICKEN ALFREDO WHOLE WHEAT NOODLES STEAMED SPINACH FRUIT COCKTAIL *MILK <input type="checkbox"/> Whole Grain	SLICED TURKEY & CHEESE ON WHOLE GRAIN BREAD TOMATO SOUP APRICOT HALVES *MILK <input type="checkbox"/> Whole Grain	TUNA SALAD WHOLE WHEAT CRACKERS SLICED RED & GREEN GRAPES TATOR TOTS *MILK <input type="checkbox"/> Whole Grain	SALSIBURY STEAK WHOLE WHEAT HAWAIIAN ROLL GREEN BEANS PINEAPPLE *MILK <input type="checkbox"/>	SCRAMBLED EGGS WHOLE WHEAT PANCAKES HASHBROWN CASSEROLE DICED PEACHES *MILK <input type="checkbox"/>
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	MONDAY 11/19/18	TUESDAY 11/20/18	WEDNESDAY 11/21/18	THURSDAY 11/22/18	FRIDAY 11/23/18
<b>BREAKFAST</b>					
Whole Grain/Grain Alternate	WHOLE GRAIN WAFFLE	ENRICHED OATMEAL	WHOLE WHEAT FRENCH TOAST	THANKSGIVING HOLIDAY	WHOLE GRAIN CEREAL
Vegetable or Fruit	WATERMELON CHUNKS	BANANA SLICES	ORANGE WEDGES	THANKSGIVING HOLIDAY	APPLE SLICES
Fluid Milk	*MILK	*MILK	*MILK	THANKSGIVING HOLIDAY	*MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b>					
Meat/Meat Alternate	BEENIE WEENIE	BEEF SOFT TACO	<u>TURKEY QUESADILLA</u>	THANKSGIVING HOLIDAY	SALSIBURY STEAKS W/ GRAVY
Whole Grain/Grain Alternate	BEEF FRANKS & BAKED BEANS	WHOLEWHEAT TORTILLA	WHOLE WHEAT TORTILLA	THANKSGIVING HOLIDAY	ENRICHED BROWN RICE
Vegetable or Fruit	WHOLE WHEAT ROLL	MEXICORN	FRUIT SALAD	THANKSGIVING HOLIDAY	SQUASH CASSEROLE
Vegetable or Fruit	PINEAPPLES	HONEYDEW MELON	CORN	THANKSGIVING HOLIDAY	FRUIT COCKTAIL
Fluid Milk	*MILK	*MILK	*MILK	THANKSGIVING HOLIDAY	*MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b>					
Meat/Meat Alternate	WHOLE GRAIN SUNCHIPS	FRESH APPLE SLICES	ENRICHED GRAHAM CRACKERS	THANKSGIVING HOLIDAY	WHOLE GRAIN PRETZELS
Whole Grain/Grain Alternate	GRAPE HALVES	CHEDDAR CHEESE CUBES	MILK*	THANKSGIVING HOLIDAY	FRESH TANGERINES
Vegetable or Fruit	WATER	WATER		THANKSGIVING HOLIDAY	WATER
Fluid Milk					
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b>					
Meat/Meat Alternate	TURKEY SLOPPY JOE	HOMEMADE CHEESE PIZZA W/ PEPPERONI	BEEF SPAGHETTI	THANKSGIVING HOLIDAY	CHICKEN SALAD ON
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	ON WHOLE GRAIN CRUST	WHOLE WHEAT NOODLES	THANKSGIVING HOLIDAY	WHOLE WHEAT PITA BREAD
Vegetable or Fruit	MIXED VEGETABLES	TOSSED SALAD	SWEET PEAS	THANKSGIVING HOLIDAY	PINEAPPLE CHUNKS
Vegetable or Fruit	BAKED BEANS	ORANGE SLICES	PEACHES	THANKSGIVING HOLIDAY	SHREDDED CARROTS
Fluid Milk	*MILK	*MILK	*MILK	THANKSGIVING HOLIDAY	*MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
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	MONDAY 11/26/18	TUESDAY 11/27/18	WEDNESDAY 11/28/18	THURSDAY 11/29/18	FRIDAY 11/30/18
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	SCRAMBLED EGGS W/ CHEESE HASHBROWN *MILK <input type="checkbox"/> Whole Grain	ENRICHED OATMEAL BLUEBERRIES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN CHEESE TOAST ORANGE WEDGES *MILK <input type="checkbox"/> Whole Grain	CREAM OF WHEAT PEAR HALVES *MILK <input type="checkbox"/> Whole Grain	KIX CEREAL APPLE SLICES *MILK <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	HAM & CHEESE WHEAT WRAP MANDARIN ORANGES CUCUMBER & TOMATO SALAD *MILK <input type="checkbox"/> Whole Grain	SHRIMP FRIED BROWN RICE PEAS AND CARROTS HONEYDEW MELON *MILK <input type="checkbox"/> Whole Grain	<u>CHEESE QUESADILLA</u> WHOLE WHEAT TORTILLA APPLESAUCE CORN *MILK <input type="checkbox"/> Whole Grain	BEEF HAMBURGER MULTIGRAIN BUN BAKED BEANS TRI COLOR COLESLAW *MILK <input type="checkbox"/> Whole Grain	ROTISSERIE CHICKEN WHOLE WHEAT ROLL SQUASH CASSEROLE FRUIT COCKTAIL *MILK <input checked="" type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN RICE CAKE LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN PITA CHIPS STRING CHEESE WATER <input type="checkbox"/> Whole Grain	ENRICHED PRETZELS FRESH TANGERINES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT CRACKERS CHICKEN SALAD WATER <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKERS *MILK WATER <input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	CHICKEN ALFREDO WHOLE WHEAT NOODLES STEAMED SPINACH FRUIT COCKTAIL *MILK <input type="checkbox"/> Whole Grain	SLICED TURKEY & CHEESE ON WHOLE GRAIN BREAD TOMATO SOUP APRICOT HALVES *MILK <input type="checkbox"/> Whole Grain	TUNA SALAD WHOLE WHEAT BREAD SLICED RED & GREEN GRAPES TATOR TOTS *MILK <input type="checkbox"/> Whole Grain	SLICED HONEY HAM WHOLE WHEAT HAWAIIAN ROLL GREEN BEANS PINEAPPLE *MILK <input type="checkbox"/> Whole Grain	HOMEMADE MAC & CHEESE WITH WHEAT NOODLES PEAS & CARROTS CANTALOUPE SLICES *MILK <input type="checkbox"/> Whole Grain

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