




	Monday	Tuesday	Wednesday	THURSDAY	Friday 11/1/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					SCRAMBLED EGGS W/ CHEESE HASHBROWNS *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 Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					ORANGE CHICKEN W/ BROWN STICKY RICE BROCCOLI W/ CHEESE APPLE CRISP * 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/Grain Alternate Vegetable or Fruit Fluid Milk					ENRICHED ANIMAL CRACKERS GREEK YOGURT WATER
<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

	Monday 11/4/19	Tuesday 11/5/19	Wednesday 11/6/19	Thursday 11/7/19	Friday 11/8/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	BEEF SAUSAGE TATOR TOTS * MILK  <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT PEACHES *MILK  <input type="checkbox"/> Whole Grain	WHOLE GRAIN FRENCH TOAST STICKS STRAWBERRIES *MILK  <input type="checkbox"/> Whole Grain	ENRICHED GRITS APPLE SLICES * MILK  <input type="checkbox"/> Whole Grain	BREAKFAST PIZZA (WHOLE GRAIN ENGLISH MUFFIN, CREAM CHEESE & STRAWBERRIES) *MILK  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<u>TURKEY GUMBO</u> OVER BROWN RICE OVEN FRIED OKRA GREEN BEANS *MILK  <input type="checkbox"/> Whole Grain	<u>SCRAMBLED BURGER</u> WHOLE WHEAT BUN COLE SLAW BAKED BEANS *MILK  <input type="checkbox"/> Whole Grain	CHICKEN TERIYAKI FRIED RICE (BROWN RICE) BROCCOLI & CARROT STIR FRY PINEAPPLE RINGS * MILK  <input type="checkbox"/> Whole Grain	HAM & SWISS CHEESE ON WHOLE GRAIN CROSSIANT SPINACH & TOMATO SALAD PINEAPPLE RINGS * MILK  <input type="checkbox"/> Whole Grain	<u>ZUCCHINI LASAGNA</u> WG LASANGA NOODLES W/ GROUND BEEF RASPBERRY VINAIGRETTE MANDARIAN ORANGES *MILK  <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	RITZ CRACKERS STRING CHEESE WATER  <input type="checkbox"/> Whole Grain	HARD PRETZELS TANGERINES WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA CHIPS SALSA WATER  <input type="checkbox"/> Whole Grain	WHOLE WHEAT GOLDFISH ORANGE SLICES WATER  <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS PB/SOY BUTTER WATER  <input type="checkbox"/> Whole Grain

	Monday 11/11/19	Tuesday 11/12/19	Wednesday 11/13/19	Thursday 11/14/19	Friday 11/15/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<u>JOHNNY APPLESAUCE</u> <u>PANCAKES</u> BANANA *MILK <input type="checkbox"/> Whole Grain	EGG OMELET PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	BLUEBERRY MUFFIN CANTELOUPE *MILK <input type="checkbox"/> Whole Grain	BERRY OATMEAL APPLE SLICES * MILK <input type="checkbox"/> Whole Grain	SCRAMBLED EGG / CHESSE CROSSIANT HASHBROWN * MILK <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BBQ PULLED PORK WHOLE WHEAT BUN SWEET POTATO FRIES BAKED BEANS * MILK <input type="checkbox"/> Whole Grain	FISH STICKS GARLIC TOAST GREEN BEANS TOSSED SALAD * MILK <input type="checkbox"/> Whole Grain	<u>TURKEY TETRAZZINI</u> WHOLE WHEAT NOODLES ZUCCHINI & SQUASH FRUIT COCKTAIL *MILK <input type="checkbox"/> Whole Grain	BAKED CHICKEN MEATLOAF WHOLE WHEAT NOODLES SWEET PEAS PEACHES * MILK <input type="checkbox"/> Whole Grain	3 CHEESE PIZZA ON WW FLATBREAD TOSSED SALAD ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED PRETZELS HONEYDEW MELON WATER <input type="checkbox"/> Whole Grain	GREEK YOGURT WHOLE GRAIN GRANOLA WATER <input type="checkbox"/> Whole Grain	BANANA NUT MUFFIN PEAR SLICES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TRISCUIT CRACKERS BOILED EGG HALVES WATER <input type="checkbox"/> Whole Grain	APPLE CINNAMON RICE CAKES 100% FRUIT PUNCH <input type="checkbox"/> Whole Grain

	Monday 11/18/19	Tuesday 11/19/19	Wednesday 11/20/19	Thursday 11/21/19	Friday 11/22/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CHICKEN STIXS HASHBROWN *MILK <input type="checkbox"/> Whole Grain	APPLE & RAISIN MUFFIN ORANGE SLICES *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE TOAST PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	<u>CRANBERRY PUMPKIN MUFFIN</u> APPLE SAUCE *MILK <input type="checkbox"/> Whole Grain	ENRICHED CROISSANT W/ JELLY PEACHES *MILK <input type="checkbox"/> Whole Grain
	<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH FILLETS ENRICHED CORNBREAD STEAMED BROCCOLI & CHEESE SEASONED CORN * MILK <input type="checkbox"/> Whole Grain	BLT ON WW TEXAS TOAST (Canadian bacon, lettuce, tomato) FRNCH FRIES PINEAPPLE TIDBITS * MILK <input type="checkbox"/> Whole Grain	HONEY GLAZED CHICKEN WHOLE WHEAT ROLL <u>STUFFED SPUD</u> GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	SALSIBURY STEAK W/ GRAVY BROWN RICE <u>SQUASH CASSEROLE</u> PEACHES * MILK <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	ENRICHED RICE CAKES PEACHES WATER <input type="checkbox"/> Whole Grain	EGG SALAD WHOLE GRAIN PITA WATER <input type="checkbox"/> Whole Grain	HAM & CHEESE PINWHEEL WHOLE WHEAT TORTILLA WATER <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKERS LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN SUNCHIPS 100% BERRY JUICE <input type="checkbox"/> Whole Grain

	Monday 11/25/19	Tuesday 11/26/19	Wednesday 11/27/19	Thursday 11/28/19	Friday 11/29/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	BAGEL W/ CREAM CHEESE STRAWBERRY HALVES *MILK  <input type="checkbox"/> Whole Grain	CHEESE CROSSIANT APPLESAUCE *MILK  <input type="checkbox"/> Whole Grain	BUTTERMILK PANCAKE PEACHES *MILK  <input type="checkbox"/> Whole Grain	  <input type="checkbox"/> Whole Grain	SPECIAL K CEREAL (ORIGINAL) ORANGE SLICES *MILK  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<u>BEAN &amp; RICE BURRITOS</u> WHOLE GRAIN TORTILLA CELERY W/ DIP APPLE SLICES *MILK  <input type="checkbox"/> Whole Grain	BAKED SPAGHETTI W/ GROUND TURKEY WHOLE GRAIN NOODLES GREEN BEANS PEAR HALVES *MILK  <input type="checkbox"/> Whole Grain	SLICED TURKEY W/ GRAVY BROWN RICE SWEET PEAS BAKED SWEET POTATO *MILK  <input type="checkbox"/> Whole Grain	  <input type="checkbox"/> Whole Grain	BAKED TALIPIA WHOLE WHEAT ROLL MIXED VEGGIES FRUIT SALAD *MILK  <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED PRETZELS STRING CHEESE WATER  <input type="checkbox"/> Whole Grain	<u>EAGLE NEST</u> (PEACH HALVES, COTTAGE CHEESE, RAISINS) WATER  <input type="checkbox"/> Whole Grain	GRILLED CHEESE SANDWICH (WHOLE WHEAT BREAD, CHEDDAR CHEESE) WATER  <input type="checkbox"/> Whole Grain	  <input type="checkbox"/> Whole Grain	ENRICHED TEDDY GRAHAM CHEDDAR CHEESE CUBES WATER  <input type="checkbox"/> Whole Grain