

	Monday	Tuesday	Wednesday	THURSDAY	Friday 11/1/19
BREAKFAST 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
LUNCH 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					ENRICHED ANIMAL CRACKERS GREEK 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
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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					HAM & CHEESE ON WW PITA BANANA & STRAWBERRY SLICES CARROT & RAISIN SALAD *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







HARVEST OF THE MONTH: SWEET POTATO

NOV 2019

	Monday 11/4/19	Tuesday 11/5/19	Wednesday 11/6/19	Thursday 11/7/19	Friday 11/8/19
BREAKFAST 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
LUNCH 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH NUGGETS CORNBREAD MUFFINS FRENCH FRIES HONEY DEW * MILK <input type="checkbox"/> Whole Grain	BAKED BEEF SPAGHETTI WHOLE WHEAT NOODLES GREEN BEANS PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	TURKEY SWEDISH MEATBALLS W/ WHOLE WHEAT NOODLES BAKED SWEET POTATO LIMA BEANS *MILK <input type="checkbox"/> Whole Grain	ROAST BEEF WHOLE WHEAT ROLL STRAWBERRY HALVES STEAMED CORN * MILK <input type="checkbox"/> Whole Grain	SMOTHERED CHICKEN ENRICHED CORNBREAD COLLARD GREENS APPLE CRISP *MILK <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
BREAKFAST 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
LUNCH 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHOPPED STEAK BROWN RICE W/GRAVY BAKED CINNAMON APPLES CORN * MILK <input type="checkbox"/> Whole Grain	<u>PITA PIZZA POCKET</u> WHOLE GRAIN PITA BREAD CARROTS W/ RANCH DIP STRAWBERRY HALVES * MILK <input type="checkbox"/> Whole Grain	FISH TACO WHOLE WHEAT TORTILLA COLE SLAW WATERMELON * MILK <input type="checkbox"/> Whole Grain	POT ROAST MULTIGRAIN ROLL MASH POTATO W/ GRAVY FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain	CHICKEN ALFREDO W/ WHOLE WHEAT PENNE STRAWBERRY APPLESAUCE HONEY GLAZED CARROTS * MILK <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
BREAKFAST 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
LUNCH 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	TURKEY CHILLI W/ KIDNEY BEANS ENRICHED CORNBREAD MUFFIN FRUIT SALAD * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF & RICE BURRITOS WHOLE GRAIN TORTILLA CELERY W/ DIP REFIED BEANS * MILK <input type="checkbox"/> Whole Grain	TURKEY & CHEESE WRAP WHOLE GRAIN PITA SLICED CUCUMBER FRUIT COCKTAIL *MILK <input type="checkbox"/> Whole Grain	BEEF LASAGNA WHOLE GRAIN NOODLES PINEAPPLE CHUNKS STEAMED CARROTS * MILK <input type="checkbox"/> Whole Grain	<u>APRICOT & LEMON CHICKEN</u> WHOLE WHEAT MAC & CHEESE STRAWBERRY HALVES SWEET PEAS *MILK <input type="checkbox"/> Whole Grain	CHEF SALAD WITH RANCH (TURKEY, CHEESE, BOILED EGG) WHOLE WHEAT BREAD STICK ORANGE WEDGES *MILK <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
BREAKFAST 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<u>BEAN & 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
PM SNACK 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH NUGGETS WHOLE GRAIN ROLL TATOR TOTS APRICOT HALVES *MILK <input type="checkbox"/> Whole Grain	POT ROAST W/ GRAVY BROWN RICE BLACK EYE PEAS STEAMED CABBAGE *MILK <input type="checkbox"/> Whole Grain	BAKED BBQ CHICKEN WHOLE GRAIN ROLL SAUTEED SPINACH APPLE CRISP *MILK <input type="checkbox"/> Whole Grain	 <input type="checkbox"/> Whole Grain	<u>HAWAIIAN TURKEY SLIDER</u> WHOLE WHEAT BUN SWEET POTATO FRIES CELERY STICKS W/ RANCH *MILK <input type="checkbox"/> Whole Grain