



	Monday 11/1/21	Tuesday 11/2/21	Wednesday 11/3/21	Thursday 11/4/21	Friday 11/5/21
LUNCH					
Meat/Meat Alternate	FISH STICKS	HAM AND CHEESE SLIDER	CHICKEN FILET SANDWICH	SALSBUARY STEAK	BBQ PULLED PORK
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	WHOLE WHEAT SLIDER BUN	MULTI GRAIN BUN	BROWN RICE W/ GRAVY	ENRICHED TEXAS TOAST
Vegetable or Fruit	MASHED POTATOES	<i>ROASTED SWEET POTATO FRIES</i>	CARROT RAISIN SALAD	APRICOT HALVES	DICED PEACHES
Vegetable	MIXED VEGETABLES	BAKED BEANS	SWEET PEAS	STEAMED ZUCCHINI	COLE SLAW
Fluid Milk	*MILK	*MILK	* MILK	* MILK	* 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	GRILLED CHEESE SANDWICH	WHOLE WHEAT BREAD STICK	MINI FRUIT PIZZA	ENRICHED HARD PRETZELS	WHOLE GRAIN RICE CRISPS
Whole Grain/Grain Alternate	WHOLE WHEAT BREAD	MARINARA SAUCE	WHOLE GRAIN MINI BAGEL	APPLESAUCE	CELERY STICKS
Vegetable or Fruit			SLICED STRAWBERRY		
Fluid Milk	WATER	WATER	CREAM CHEESE	WATER	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					
DINNER					
Meat/Meat Alternate	GROUND BEEF SPAGHETTI	ROASTED CHICKEN	SHRIMP FRIED RICE	EXTRA CHEESE QUESADILLA	ROASTED TURKEY
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	WHOLE GRAIN COUSCOUS	WHOLE WHEAT ROLL	WHOLE WHEAT TORTILLA	ENRICHED CORN MUFFIN
Vegetable or Fruit	MANDARIN ORANGES	APPLESAUCE	PINEAPPLE CHUNKS	PINTO BEANS	FRUIT COCKTAIL
Vegetable	TOSSED SALAD	GREEN BEANS	STEAMED BROCCOLI	STEAMED CORN	BAKED YELLOW SQUASH
Fluid Milk	* MILK	* MILK	*MILK	*MILK	*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
EVENING SNACK					
Meat/Meat Alternate	COTTAGE CHEESE	VEGAN BEAN CHILI	LOWFAT GREEK YOGURT	RED PEPPER HUMMUS	WHOLE GRAIN CRACKERS
Whole Grain/Grain Alternate	MIXED BERRIES	MULTI GRAIN CRACKERS	ENRICHED ANIMAL CRACKERS	MULTI GRAIN PITA CHIPS	TROPICAL FRUIT SALAD
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
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
	* 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 11/8/21	Tuesday 11/9/21	Wednesday 11/10/21	Thursday 11/11/21	Friday 11/12/21
LUNCH					
Meat/Meat Alternate	HOMEMADE MAC AND CHEESE	TACO TUESDAY BEEF AND CHEESE TACO	MINI THREE CHEESE PIZZA	SLICED SMOKED HAM	HOMEMADE CHICKEN NOODLE SOUP
Whole Grain/Grain Alternate	WHOLE WHEAT NOODLES	WHOLE WHEAT TORTILLA	WHOLE WHEAT BAGEL	WHOLE WHEAT WRAP	WHOLE WHEAT CRACKERS
Vegetable or Fruit	BAKED CINNAMON APPLES	PEAR HALVES	PINEAPPLE RINGS	FRESH TANGERINE	CARROTS & CELERY
Vegetable	LIMA BEANS	CARROT STICKS W/ DIP	CUCUMBER SLICES	BROCCOLI FLORETS W/DIP	APPLE WEDGES
Fluid Milk	* MILK	* MILK	* MILK	*MILK	* 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 TORTILLA CHIPS	ENRICHED PUMPKIN BREAD	ROLLED TURKEY SLICES	YOGURT PARFAIT	WHOLE GRAIN RICE CAKES
Whole Grain/Grain Alternate	CHUNKY VEGGIE SALSA	MILK*	ENRICHED OYSTER CRACKERS	LOW FAT GREEK YOGURT	TROPICAL FRUIT SALAD
Vegetable or Fruit				FRESH BLUEBERRIES	
Fluid Milk	WATER	WATER	WATER	GRANOLA	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					
DINNER					
Meat/Meat Alternate	ROTISSERIE CHICKEN	TUNA & NOODLE BAKE	GRILLED PORK CHOPS	BEEF MEATBALL SUB	BAKED FISH FILET
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	WHOLE WHEAT ROLL	BROWN RICE	WHOLE WHEAT SUB ROLL	ENRICHED HUSH PUPPY
Vegetable or Fruit	MASHED SWEET POTATOES	MANDARIN ORANGES	SLICED RED APPLES	FRUIT COCKTAIL	PINEAPPLE RINGS
Vegetable	CREAMED SPINACH	SWEET PEAS	BLACKEYE PEAS	STEAMED CORN	STEAMED ZUCHINNI
Fluid Milk	* MILK	* MILK	* MILK	* MILK	* 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
EVENING SNACK					
Meat/Meat Alternate	ENRICHED PRETZELS	GRILLED CHEESE	ENRICHED GRAHAM CRACKERS	WHOLE GRAIN CHEESE CRACKERS	ENRICHED MINI BAGELS
Whole Grain/Grain Alternate	RAISINS	ENRICHED WHEAT BREAD	DICED PLUMS	100% APPLE JUICE	PEANUT/SOY/ SUNFLOWER BUTTER
Vegetable or Fruit		TOMATO SOUP			
Fluid Milk	WATER	WATER	WATER		WATER
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
	* 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 11/15/21	Tuesday 11/16/21	Wednesday 11/17/21	Thursday 11/18/21	Friday 11/19/21
LUNCH					
Meat/Meat Alternate	TURKEY BURGER	TACO TUESDAY CHICKEN SOFT TACO	BEEF AND BROCCOLI STIR FRY	BAKED FISH FILET	HOMEMADE MAC & CHEESE
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	ENRICHED FLOUR TORTILLA	BROWN RICE	WHOLE WHEAT ROLL	ENRICHED HAWAIIAN ROLL
Vegetable or Fruit	WATERMELON	SLICED STRAWBERRIES	PINEAPPLE CHUNKS	MANDARIN ORANGES	TOMATO & CUCUMBER SALAD
Vegetable	TATER TOTS	STEAMED CORN	RED/GREEN BELL PEPPER STRIPS	CORN ON COB	BAKED BEANS
Fluid Milk	* MILK	*MILK	* MILK	* MILK	* 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	YOGURT PARFAIT	SWIMMING FISH		TURKEY SANDWICH	TRAIL MIX
Whole Grain/Grain Alternate	LOWFAT YOGURT	WHOLE GRAIN GOLDFISH	ENRICHED PRETZELS	WHOLE WHEAT BREAD	WHOLE GRAIN CHEX CEREAL
Vegetable or Fruit	FRESH BLUEBERRIES	TOMATO SOUP	CHEDDAR CHEESE CUBES		CELERY STICKS, RAISINS
Vegetable	GRANOLA				
Fluid Milk	WATER	WATER	WATER	WATER	WATER
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	CHICKEN & RICE CASSEROLE	BEEF & BEAN CHILI	MINI CHEESE PIZZA	BEEF SLOPPY JOE	CHICKEN NUGGETS
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	ENRICHED CORN MUFFIN	MULTI GRAIN ENGLISH MUFFIN	ENRICHED WHEAT BUN	WHOLE WHEAT BREAD SLICE
Vegetable or Fruit	BAKED SWEET POTATO	FRUIT COCKTAIL	APRICOT HALVES	GREEN APPLES	ORANGE SLICES
Vegetable	STEAMED KALE	TOSSED SALAD	MIXED MELON CHUNKS	DELI BAKED BEANS	STEAMED ZUCCHINI
Fluid Milk	* MILK	*MILK	* MILK	* MILK	* 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
EVENING SNACK					
Meat/Meat Alternate	WHOLE WHEAT CRACKERS	ENRICHED ANIMAL CRACKERS	BBQ CHICKEN SANDWICH	LOW FAT YOGURT	ENRICHED GRAHAM CRACKERS
Whole Grain/Grain Alternate	VEGETABLE SOUP	BANANA	ENRICHED TEXAS TOAST	FRESH STRAWBERRY HALVES	100% CHERRY JUICE
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	
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
	* 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 11/22/21	Tuesday 11/23/21	Wednesday 11/24/21	Thursday 11/25/21	Friday 11/26/21
LUNCH					
Meat/Meat Alternate	HOT TURKEY & SWISS SUB	TACO TUESDAY GROUND BEEF SOFT TACO	(HM) CHICKEN NOODLE SOUP	CHEESE AND BEEF RAVIOLI	CHICKEN NUGGETS
Whole Grain/Grain Alternate	WHOLE WHEAT SUB ROLL	ENRICHED FLOUR TORTILLA	WHOLE WHEAT CRACKERS	WHOLE WHEAT BREAD	WHOLE WHEAT ROLL
Vegetable or Fruit	PEAR HALVES	TROPICAL FRUIT SALAD	SLICED RED APPLE	WATERMELON CHUNKS	CANTALOUPE
Vegetable	TATER TOTS	BLACK BEANS	CARROT, CELERY	GREEN BEANS	SWEET PEAS
Fluid Milk	* MILK	* MILK	* MILK	* MILK	* 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	ENRICHED ANIMAL CRACKERS	WHOLE GRAIN RICE CAKE	PITA WRAP	WHOLE WHEAT BREAD STICK	MINI NACHOS
Whole Grain/Grain Alternate	CARROT STICKS	DICED PEACHES	RED PEPPER HUMMUS	MARINARA SAUCE	MULTI GRAIN TORTILLA CHIPS
Vegetable or Fruit			SHREDDED CARROTS		REFIRED BEANS & CHEESE
Fluid Milk	WATER	WATER	WATER	WATER	WATER
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	CHICKEN STRIPS	FISH FILET	CROCK POT ROAST BEEF	ROASTED TURKEY W/GRAVY	SLICED HONEY HAM
Whole Grain/Grain Alternate	WHOLE WHEAT WAFFLE	WHOLE WHEAT BUN	ENRICHED CORNBREAD	ENRICHED CORNBREAD	MULTI GRAIN ROLL
Vegetable or Fruit	PINEAPPLE RINGS	APRICOT HALVES	COLLARD GREENS	BUTTERNUT SQUASH	MANADARIN ORANGES
Vegetable	SWEET POTATO WEDGES	TOSSED SALAD	BLACKEYED PEAS	SWEET PEAS	SWEET POTATO CASSEROLE
Fluid Milk	* MILK	* MILK	* MILK	* MILK	* 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
EVENING SNACK					
Meat/Meat Alternate	WHOLE GRAIN MINI BAGEL	GRILLED CHICKEN WRAP	HAM AND CHEESE CUBES	ENRICHED GRAHAM CRACKERS	MOZZARELLA STICKS
Whole Grain/Grain Alternate	MIXED BERRIES	WHOLE WHEAT FLAT BREAD	ENRICHED CLUB CRACKERS	BANANA	MARINARA SAUCE
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
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
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	Monday 11/29/21	Tuesday 11/30/21	Wednesday	Thursday	Friday
LUNCH					
Meat/Meat Alternate	FISH STICKS	TACO TUESDAY CHICKEN TAQUITO			
Whole Grain/Grain Alternate	WHOLE WHEAT SLIDER BUN	WHOLE CORN TORTILLA			
Vegetable or Fruit	GREEN BEANS	DICED PEARS			
Vegetable	COLESLAW	PINTO BEANS			
Fluid Milk	* MILK	* 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	ENRICHED ANIMAL CRACKERS	ENRICHED FRENCH TOAST STICKS			
Whole Grain/Grain Alternate	CARROT STICKS	APPLESAUCE			
Vegetable or Fruit					
Fluid Milk	WATER	WATER			
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	BAKED CHICKEN & RICE	SLICED TURKEY			
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	ENRICHED CORNBREAD STUFFING			
Vegetable or Fruit	DICED PEACHES	APRICOT HALVES			
Vegetable	CORN ON COB	LIMA BEANS			
Fluid Milk	* MILK	* 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
EVENING SNACK					
Meat/Meat Alternate	WHOLE GRAIN MINI BAGEL	BEEF MEATBALL SUB			
Whole Grain/Grain Alternate	BLUEBERRIES	WHOLE WHEAT SUB ROLL			
Vegetable or Fruit					
Fluid Milk	WATER	WATER			
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
	* 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.				