



			Wednesday 11/1/23	Thursday 11/2/23	Friday 11/3/23
BREAKFAST Whole Grain/Grain Alternate			SCRAMBLED EGGS	WHOLE GRAIN ENGLISH MUFFIN	MULTI GRAIN CHERRIOS
Vegetable or Fruit Fluid Milk			TATER TOTS * MILK	TROPICAL FRUIT SALAD *MILK	RASPBERRIES *MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate			ENRICHED PUMPKIN MUFFIN	ROLLED HONEY TURKEY	BOILED EGG HALVES
Whole Grain/Grain Alternate			CINNAMON APPLESAUCE	ENRICHED CLUB CRACKERS	WHOLE GRAIN TRISCUIT CRACKERS
Vegetable or Fruit					
Fluid Milk			WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					NATIONAL SANDWICH DAY
Meat/Meat Alternate			HOMEMADE 3 CHEESE PIZZA	FISH STICKS	CHICKEN FILET SANDWICH
Whole Grain/Grain Alternate			WHOLE WHEAT CRUST	WHOLE WHEAT HAWAIIAN BREAD	
Vegetable or Fruit			PINEAPPLE TIDBITS	APPLE SLICES	CARROT RAISIN SALAD
Vegetable			CUCUMBER SLICES	PARMESAN FRENCH FRIES	SWEET PEAS
Fluid Milk			* MILK	*MILK	*MILK
D. 1. 0. 1. 1. 11.	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK					FISH SWIMMING IN SOUP
Meat/Meat Alternate			ENRICHED HARD PRETZELS	WHOLE GRAIN RICE CAKE	ENRICHED GOLDFISH
Whole Grain/Grain Alternate			STRAWBERRIES	CELERY STICKS	TOMATO BISQUE SOUP
Vegetable or Fruit					
Fluid Milk			WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate			CHICKEN & RICE CASSEROLE	GROUND BEEF	BLACK BEAN BURGER
Whole Grain/Grain Alternate			ENRICHED BROWN RICE	WHOLE WHEAT SPAGHETTI	WHOLE WHEAT BURGER BUN
Vegetable or Fruit			PEAR HALVES	MANDARIN ORANGES	APRICOTS
Vegetable			STEAMED ZUCHINNI	TOSSED SALAD	SWEET POTATOES
Fluid Milk			* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK				BANANA SUSHI ROLL	
Meat/Meat Alternate			ENRICHED GRAHAM CRACKERS	WOW/SOY/PEANUT BUTTER	WHOLE WHEAT MINI BAGEL
Whole Grain/Grain Alternate			PEACH WEDGES	WHOLE WHEAT TORTILLA	DICED PLUMS
Vegetable or Fruit				BANANA	
Fluid Milk			WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.				





	Monday 11/6/23	Tuesday 11/7/23	Wednesday 11/8/23	Thursday 11/9/23	Friday 11/10/23
BREAKFAST					
Whole Grain/Grain Alternate	WHOLE GRAIN MAPLE OATMEAL	WHOLE WHEAT WAFFLE STICKS	MULTI GRAIN CHEERIOS	WHOLE WHEAT MINI BAGEL	MULTIGRAIN CHEX
Vegetable or Fruit	WARM APRICOTS	TATOR TOTS	BANANA	SAUSAGE LINKS	SLICED PLUMS
Fluid Milk	*MILK	*MILK	*MILK	STRAWBERRIES	*MILK
				*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate	WHOLE GRAIN RICE CAKES	WHOLE GRAIN CHEESE CRACKERS	ENRICHED ENGLISH MUFFIN	WHOLE WHEAT MINI PANCAKES	ENRICHED ANIMAL CRACKERS
Whole Grain/Grain Alternate	CANTALOUPE CHUNKS	TROPICAL FRUIT SALAD	APRICOTS	WARM CINNAMON APPLES	PEACHES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH	NATIONAL NACHOS DAY				BREAKFAST FOR LUNCH
Meat/Meat Alternate	DICED CHICKEN	SUNNY LEMON CHICKEN	EXTRA CHEDDAR CHEESE	SAVORY TUNA & CHEESE SUB	VEGGIE & EGG TACO
Whole Grain/Grain Alternate	WHOLE GRAIN NACHOS	WHOLE WHEAT ROLL	WHOLE GRAIN BREAD	WHOLE WHEAT SUB ROLL	WHOLE GRAIN TORTILLA
Vegetable or Fruit	BLUEBERRIES	STRAWBERRIES	HONEYDEW MELON	CANTALOUPE	ORANGE SLICES
Vegetable	VEGGIE SALSA	KALE SALAD	SAUTEED GREEN BEANS	SWEET PEAS	RED/GREEN PEPPER SLICES
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK		FRUIT & NUT BUTTER PITA		NATIONAL GREEK YOGURT DAY	
		<u>POCKET</u>			
Meat/Meat Alternate	VEGAN BEAN CHILI	ENIRCHED PITA POCKETS	SUGAR SNAP PEAS	ENRICHED GRAHAM CRACKERS	ENRICHED OYSTER CRACKERS
Whole Grain/Grain Alternate	MULTI GRAIN CLUB CRACKERS	FRUIT & NUT BUTTER	APPLE SLICES	LOW FAT GREEK YOGURT	SPLIT PEA SOUP
Vegetable or Fruit		(RECIPE IN LINK)		MIXED BERRIES	
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate	PHILLY CHEESE STEAK	TURKEY BURGER	FISH STICKS	XTRA CHEESE RAVIOLI	BAKED CHICKEN LEG
Whole Grain/Grain Alternate	WHOLE WHEAT SUB ROLL	MULTI GRAIN BUN	WHOLE WHEAT ROLL	WHOLE WHEAT RAVIOLI	ENRICHED BROWN RICE
Vegetable or Fruit	FRUIT COCKTAIL	RASPBERRIES	PINEAPPLE STICKS	GROOVY GRAPES	APPLESAUCE
Vegetable	BAKED FRENCH FRIES	CORN ON THE COB	PEAS & CARROTS	MIXED VEGETABLES	OKRA
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK	CRUNCHY ANTS ON A LOG	FRUIT & VEGGIE CUPS			
Meat/Meat Alternate	WOW/SOY/PEANUT BUTTER	CUCUMBER STICKS	WHOLE WHEAT SESAME STICKS	WHOLE WHEAT PITA CHIPS	WHOLE GRAIN SUN CHIPS
Whole Grain/Grain Alternate	CELERY	WATERMELON STICKS	CHEDDAR CHEESE CUBES	SAVORY HUMMUS	BLUEBERRIES
Vegetable or Fruit	RAISINS	WATER	WATER	WATER	WATER
Fluid Milk	WATER				
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.				nust have a medical statement.





	Monday 11/13/23	Tuesday 11/14/23	Wednesday 11/15/23	Thursday 11/16/23	Friday 11/17/23
BREAKFAST			RAISIN BRAN CEREAL DAY		
Whole Grain/Grain Alternate	ENRICHED CINNAMON TOAST	ENRICHED GRITS	RAISIN BRAN CEREAL	ENRICHED PUMPKIN BREAD	WHOLE WHEAT WAFFLE STICKS
Vegetable or Fruit	BAKED APPLES	GRILLED PEACHES	STRAWBERRIES	BANANA	MANDARIN ORANGES
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate	SPINACH & TOMATO OMELET	ENRICHED ENGLISH MUFFIN	WHOLE WHEAT CHEESE TOAST	WHOLE WHEAT MINI PANCAKES	WHOLE GRAIN CEREAL
Whole Grain/Grain Alternate	PLUMS	TROPICAL FRUIT SALAD	TATOR TOTS	RASPBERRIES	BLUEBERRIES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH		TACO TUESDAY			
Meat/Meat Alternate	POPCORN CHICKEN	BEEF AND CHEESE TACO	GRILLED CHICKEN TENDERS	HAM & CHEESE PANINI	XTRA CHEESE VEGGIE FLATBREAD
Whole Grain/Grain Alternate	ENRICHED FRIED RICE	WHOLE WHEAT SOFT TACO	WHOLE WHEAT ROLL	WHOLE WHEAT PANINI	WHOLE WHEAT FLATBREAD
Vegetable or Fruit	PINEAPPLE RINGS	PEAR HALVES	BLUEBERRIES	ROASTED SQUASH	SWEET PEPPERS
Vegetable	STIR FRY VEGGIES	PEAS	GREEN BEANS	TOSSED SALAD	BROCCOLI
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK		NATIONAL GUACAMOLE DAY		VEGGIE QUESADILLA & CILANTO	
Meat/Meat Alternate	WHOLE GRAIN RICE CAKE	ENRICHED TORTILLA CHIPS	MULTIGRAIN CRACKERS	<u>YOGURT DIP</u> VEGGIE QUESADILLA	ENRICHED PRETZEL STICKS
Whole Grain/Grain Alternate	CANTALOUPE CHUNKS	FRESH GUACAMOLE	SAVORY TUNA	CILANTRO YOGURT DIP	PEAR SLICES
Vegetable or Fruit	CANTALOGIE CHONKS	TREST SOACAMOLE	SAVORY TOTAL	(RECIPE IN LINK)	TEAR OLICES
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER	_			OODLE OF NOODLE PASTA	_
Meat/Meat Alternate	SALISBURY STEAK	GARLIC SHRIMP	BEEF MEATBALL SUB	BAKED CHICKEN	FISH FILET
Whole Grain/Grain Alternate	BROWN RICE W/ GRAVY	HAWAIIAN BREAD ROLL	WHOLE WHEAT SUB ROLL	WHOLE WHEAT PENNE PASTA	WHOLE WHEAT BUN
Vegetable or Fruit	APRICOT HALVES	PINEAPPLE CHUNKS	FRUIT COCKTAIL	TOMATOES	GROOVY GRAPES
Vegetable	STEAMED ZUCCHINI	STEAMED BROCCOLI	STEAMED CORN	SAUTEED SPINACH	BAKED SWEET POTATO
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK					
Meat/Meat Alternate	MUTLIGRAIN CHEERIOS	HAM & CHEESE PINWHEELS	ENRICHED GRAHAM CRACKERS	ENRICHED ANIMAL CRACKERS	WHOLE GRAIN CHEEZE ITS
Whole Grain/Grain Alternate	BANANA	ORANGE SMILES	PEACH WEDGES	BLUEBERRIES	ENGLISH CUCUMBERS
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.				nust have a medical statement.





	Monday 11/20/23	Tuesday 11/21/23	Wednesday 11/22/23	Thursday 11/23/23	Friday 11/24/23
DDE AKE A CT	/Monday 11/20/23	TOFU BREAKFAST SANDWICH		,	111day 11/24/23
BREAKFAST			ENRICHED CROISSANTS	HAPPY THANKSGIVING	
Whole Grain/Grain Alternate	ENRICHED BANANA MUFFIN	TOFU (RECIPE IN LINK)	SCRAMBLED EGGS	SWEET POTATO PANCAKES	ENRICHED GRITS
Vegetable or Fruit	CINNAMON APPLESAUCE	WHOLE WHEAT ENGLISH MUFFIN	ORANGE WEDGES	BAKED APPLES	BLUEBERRIES
Fluid Milk	*MILK	STRAWBERRIES	*MILK	*MILK	*MILK
		*MILK		II	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK				HAPPY THANKSGIVING	
Meat/Meat Alternate	GRILLED CHICKEN & SPINACH	ENRICHED CREAM OF WHEAT	WHOLE WHEAT CHEESE TOAST	LOW FAT YOGURT	ENRICHED FRENCH TOAST STICKS
Whole Grain/Grain Alternate	WHOLE WHEAT TORTILLA WRAP	WARMED PEACHES	GROOVY GRAPES	WHOLE GRAIN CHEERIOS	ORANGE JUICE
Vegetable or Fruit			(CUT APPROPRIATELY)	MIXED BERRIES	
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH				HAPPY THANKSGIVING	
Meat/Meat Alternate	BEEF STIR FRY	CHICKEN NUGGETS	SAVORY TUNA SALAD	ROASTED TURKEY W/GRAVY	SAVORY RED BEANS
Whole Grain/Grain Alternate	WHOLE WHEAT NOODLES	WHOLE WHEAT ROLL	MUTLI GRAIN BREAD	ENRICHED CORNBREAD	WHOLE GRAIN BROWN RICE
Vegetable or Fruit	GARLIC BROCCOLI	BLUEBERRIES	VEGETABLE SOUP	COLLARD GREENS	CINNAMON APPLES
Vegetable	SAUTEED CARROTS	ROASTED POTATO WEDGES	ZESTY CORN	BLACK EYES PEAS	OKRA
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK				HAPPY THANKSGIVING	
Meat/Meat Alternate	ENRICHED GRAHAM CRACKERS	CHEESE QUESADILLA	WHOLE GRAIN CRACKERS	WHOLE GRAIN RICE CAKES	ENRICHED ANIMAL CRACKERS
Whole Grain/Grain Alternate	PLUMS	WHOLE WHEAT QUESADILLA	TOMATO & CUCUMBER SALAD	TROPICAL FRUIT SALAD	CELERY STICKS
Vegetable or Fruit		STRAWBERRIES			
Fluid Milk	WATER	WATER	WATER	WATER WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER				HAPPY THANKSGIVING	
Meat/Meat Alternate	HOT TURKEY & SWISS SUB	FISH STICKS	BBQ CHICKEN	HOMEMADE MACARONI & CHEESE	ROTISSERIE CHICKEN
Whole Grain/Grain Alternate	WHOLE WHEAT SUB ROLL	WHOLE WHEAT BREAD STICKS	ENRICHED CORN MUFFIN	WHOLE WHEAT MACARONI	WHOLE WHEAT ROLL
Vegetable or Fruit	PEAR HALVES	FRUIT COCKTAIL	GREEN APPLE SLICES	BLUEBERRIES	SWEET YELLOW CORN
Vegetable	TATER TOTS	CARROT STICKS	STEAMED ZUCCHINI	SAUTEED COLLARD GREET	SAUTEED SPINACH
Fluid Milk	*MILK	* MILK	* MILK	* MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain
EVENING SNACK			FRUIT & VEGGIE CUP	HAPPY THANKSGIVING	
Meat/Meat Alternate	ENRICHED CLUB CRACKERS	ENRICHED PRETZELS	WATERMELON STICKS	HONEY HAM & CHEESE PINWHEELS	WHOLE GRAIN CHEEZE ITS
Whole Grain/Grain Alternate	HM CHICKEN NOODLE SOUP	100% BERRY JUICE	BABY CARROTS	ENRICHED SALTINE CRACKERS	PEARS
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER TIPE	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.				
	<u> </u>				





	Monday 11/27/23	Tuesday 11/28/23	Wednesday 11/29/23	Thursday 11/30/23	
BREAKFAST		NATIONAL FRENCH TOAST DAY			
Whole Grain/Grain Alternate	ENRICHED EGG BISCUIT	WHOLE GRAIN FRENCH TOAST	WHOLE WHEAT PANCAKES	MULTI GRAIN CHERRIOS	
Vegetable or Fruit	SAUSAGE GRAVY	CINNAMON APPLESAUCE	RASPBERRIES	WARM PEACHES	
Fluid Milk	APRICOTS	*MILK	*MILK	*MILK	
	*MILK				
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
AM SNACK		FRUIT PIZZA	BANANA SUSHI ROLL		
Meat/Meat Alternate	ENRICHED OATMEAL	WHOLE WHEAT BAGEL	WOW/SOY/PEANUT BUTTER	ANIMAL CRACKERS	
Whole Grain/Grain Alternate	PEARS	LOW FAT YOGURT	WHOLE WHEAT TORTILLA	BLUEBERRIES	
Vegetable or Fruit		MIXED BERRIES			
Fluid Milk	WATER	WATER	WATER	WATER	
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
LUNCH					
Meat/Meat Alternate	(HM) XTRA CHEESE PIZZA	SAVORY CHICKEN SALAD	BLACK BEAN BURGER	GROUND CHICKEN	
Whole Grain/Grain Alternate	WHOLE WHEAT CRUST	WHOLE WHEAT PITA POCKET	WHOLE WHEAT BURGER BUN	ENRICHED BROWN RICE	
Vegetable or Fruit	SLICED STRAWBERRIES	FRESH PEACHES	HONEYDEW MELON	ORANGES	
Vegetable	CALIFORNIA BLEND VEGGIES	SWEET PEAS	KALE SALAD	REFRIED BEANS	
Fluid Milk	*MILK	*MILK	* MILK	*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
PM SNACK				TEDDY BEAR SMOOTHIE	
Meat/Meat Alternate	ENRICHED SALTINE CRACKERS	ENRICHED MUFFIN	ENRICHED HARD PRETZELS	ENRICHED TEDDY GRAHAM CRACKERS	
Whole Grain/Grain Alternate	CURRIED TUNA SALAD	CANTALOUPE STARS	GREEN APPLE SLICES	BEAR SMOOTHIE	
Vegetable or Fruit		(CUT INTO FUN SHAPES)		(RECIPE IN LINK)	
Fluid Milk	WATER	WATER	WATER	WATER	
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
DINNER					
Meat/Meat Alternate	SLICED HONEY HAM	STUFFED BELL PEPPERS W/	CHICKEN NUGGETS	BEEF MEATBALL SUB	
Whole Grain/Grain Alternate	MULTI GRAIN ROLL	GROUND BEEF & BROWN RICE	ENRICHED CORNBREAD	WHOLE WHEAT SUB ROLL	
Vegetable or Fruit	MANADARIN ORANGES	HONEYDEW MELON	STRAWBERRIES	FRUIT COCKTAIL	
Vegetable	SWEET POTATO CASSEROLE	LIMA BEANS	STEAMED ZUCCHINI	STEAMED CORN	
Fluid Milk	*MILK	* MILK	* MILK	*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
EVENING SNACK	FRUIT & VEGGIE CUPS				
Meat/Meat Alternate	SWEET RED PEPPER STICKS	WHOLE WHEAT SESAME STICKS	WHOLE GRAIN TORTILLA CHIPS	ENRICHED OYSTER CRACKERS	
Whole Grain/Grain Alternate	PINEAPPLE STICKS	BROCCOLI FLORETS w/HUMMUS	CHUNKY VEGGIE SALSA	ROASTED TOMATO BISQUE	
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.				