




			Wednesday 11/1/23	Thursday 11/2/23	Friday 11/3/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			SCRAMBLED EGGS TATER TOTS * MILK	WHOLE GRAIN ENGLISH MUFFIN TROPICAL FRUIT SALAD *MILK	MULTI GRAIN CERRIOS RASPBERRIES *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			HOMEMADE 3 CHEESE PIZZA WHOLE WHEAT CRUST PINEAPPLE TIDBITS CUCUMBER SLICES * MILK	FISH STICKS WHOLE WHEAT HAWAIIAN BREAD APPLE SLICES PARMESAN FRENCH FRIES *MILK	NATIONAL SANDWICH DAY CHICKEN FILET SANDWICH MULTI GRAIN BUN CARROT RAISIN SALAD SWEET PEAS *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 HARD PRETZELS STRAWBERRIES WATER	WHOLE GRAIN RICE CAKE CELERY STICKS WATER	FISH SWIMMING IN SOUP ENRICHED GOLDFISH TOMATO BISQUE SOUP 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			CHICKEN & RICE CASSEROLE ENRICHED BROWN RICE PEAR HALVES STEAMED ZUCHINNI * MILK	GROUND BEEF WHOLE WHEAT SPAGHETTI MANDARIN ORANGES TOSSED SALAD *MILK	BLACK BEAN BURGER WHOLE WHEAT BURGER BUN APRICOTS SWEET POTATOES * 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
* 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 Vegetable or Fruit Fluid Milk	WHOLE GRAIN MAPLE OATMEAL WARM APRICOTS *MILK	WHOLE WHEAT WAFFLE STICKS TATOR TOTS *MILK	MULTI GRAIN CHEERIOS BANANA *MILK	WHOLE WHEAT MINI BAGEL SAUSAGE LINKS STRAWBERRIES *MILK	MULTIGRAIN CHEX SLICED PLUMS *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	NATIONAL NACHOS DAY DICED CHICKEN WHOLE GRAIN NACHOS BLUEBERRIES VEGGIE SALSA *MILK	SUNNY LEMON CHICKEN WHOLE WHEAT ROLL STRAWBERRIES KALE SALAD *MILK	EXTRA CHEDDAR CHEESE WHOLE GRAIN BREAD HONEYDEW MELON SAUTEED GREEN BEANS * MILK	SAVORY TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL CANTALOUPE SWEET PEAS *MILK	BREAKFAST FOR LUNCH VEGGIE & EGG TACO WHOLE GRAIN TORTILLA ORANGE SLICES RED/GREEN PEPPER 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	VEGAN BEAN CHILI MULTI GRAIN CLUB CRACKERS WATER	FRUIT & NUT BUTTER PITA POCKET ENIRCHED PITA POCKETS FRUIT & NUT BUTTER (RECIPE IN LINK) WATER	SUGAR SNAP PEAS APPLE SLICES WATER	NATIONAL GREEK YOGURT DAY ENRICHED GRAHAM CRACKERS LOW FAT GREEK YOGURT MIXED BERRIES WATER	ENRICHED OYSTER CRACKERS SPLIT PEA SOUP 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	PHILLY CHEESE STEAK WHOLE WHEAT SUB ROLL FRUIT COCKTAIL BAKED FRENCH FRIES *MILK	TURKEY BURGER MULTI GRAIN BUN RASPBERRIES CORN ON THE COB * MILK	FISH STICKS WHOLE WHEAT ROLL PINEAPPLE STICKS PEAS & CARROTS * MILK	XTRA CHEESE RAVIOLI WHOLE WHEAT RAVIOLI GROOVY GRAPES MIXED VEGETABLES *MILK	BAKED CHICKEN LEG ENRICHED BROWN RICE APPLESAUCE OKRA * 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
* One year olds are served Unflavored Whole Milk.  old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must 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 Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CINNAMON TOAST BAKED APPLES *MILK	ENRICHED GRITS GRILLED PEACHES *MILK	RAISIN BRAN CEREAL DAY RAISIN BRAN CEREAL STRAWBERRIES *MILK	ENRICHED PUMPKIN BREAD BANANA *MILK	WHOLE WHEAT WAFFLE STICKS MANDARIN ORANGES *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	POPCORN CHICKEN ENRICHED FRIED RICE PINEAPPLE RINGS STIR FRY VEGGIES *MILK	TACO TUESDAY BEEF AND CHEESE TACO WHOLE WHEAT SOFT TACO PEAR HALVES PEAS *MILK	GRILLED CHICKEN TENDERS WHOLE WHEAT ROLL BLUEBERRIES GREEN BEANS * MILK	HAM & CHEESE PANINI WHOLE WHEAT PANINI ROASTED SQUASH TOSSED SALAD *MILK	XTRA CHEESE VEGGIE FLATBREAD WHOLE WHEAT FLATBREAD SWEET PEPPERS BROCCOLI *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 TWO COMPONENTS	WHOLE GRAIN RICE CAKE CANTALOUPE CHUNKS WATER	NATIONAL GUACAMOLE DAY ENRICHED TORTILLA CHIPS FRESH GUACAMOLE WATER	MULTIGRAIN CRACKERS SAVORY TUNA WATER	VEGGIE QUESADILLA & CILANTO YOGURT DIP VEGGIE QUESADILLA CILANTRO YOGURT DIP (RECIPE IN LINK) WATER	ENRICHED PRETZEL STICKS PEAR SLICES 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SALISBURY STEAK BROWN RICE W/ GRAVY APRICOT HALVES STEAMED ZUCCHINI *MILK	GARLIC SHRIMP HAWAIIAN BREAD ROLL PINEAPPLE CHUNKS STEAMED BROCCOLI * MILK	BEEF MEATBALL SUB WHOLE WHEAT SUB ROLL FRUIT COCKTAIL STEAMED CORN * MILK	OODLE OF NOODLE PASTA BAKED CHICKEN WHOLE WHEAT PENNE PASTA TOMATOES SAUTEED SPINACH *MILK	FISH FILET WHOLE WHEAT BUN GROOVY GRAPES BAKED SWEET POTATO * 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 11/20/23	Tuesday 11/21/23	Wednesday 11/22/23	Thursday 11/23/23	Friday 11/24/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED BANANA MUFFIN CINNAMON APPLESAUCE *MILK	TOFU BREAKFAST SANDWICH TOFU (RECIPE IN LINK) WHOLE WHEAT ENGLISH MUFFIN STRAWBERRIES *MILK	ENRICHED CROISSANTS SCRAMBLED EGGS ORANGE WEDGES *MILK	HAPPY THANKSGIVING SWEET POTATO PANCAKES BAKED APPLES *MILK 	ENRICHED GRITS BLUEBERRIES *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	BEEF STIR FRY WHOLE WHEAT NOODLES GARLIC BROCCOLI SAUTEED CARROTS *MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL BLUEBERRIES ROASTED POTATO WEDGES *MILK	SAVORY TUNA SALAD MUTLI GRAIN BREAD VEGETABLE SOUP ZESTY CORN * MILK	HAPPY THANKSGIVING ROASTED TURKEY W/GRAVY ENRICHED CORNBREAD COLLARD GREENS BLACK EYES PEAS *MILK 	SAVORY RED BEANS WHOLE GRAIN BROWN RICE CINNAMON APPLES OKRA *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 GRAHAM CRACKERS PLUMS WATER	CHEESE QUESADILLA WHOLE WHEAT QUESADILLA STRAWBERRIES WATER	WHOLE GRAIN CRACKERS TOMATO & CUCUMBER SALAD WATER	HAPPY THANKSGIVING WHOLE GRAIN RICE CAKES TROPICAL FRUIT SALAD WATER 	ENRICHED ANIMAL CRACKERS CELERY STICKS 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOT TURKEY & SWISS SUB WHOLE WHEAT SUB ROLL PEAR HALVES TATER TOTS *MILK	FISH STICKS WHOLE WHEAT BREAD STICKS FRUIT COCKTAIL CARROT STICKS * MILK	BBQ CHICKEN ENRICHED CORN MUFFIN GREEN APPLE SLICES STEAMED ZUCCHINI * MILK	HAPPY THANKSGIVING HOMEMADE MACARONI & CHEESE WHOLE WHEAT MACARONI BLUEBERRIES SAUTEED COLLARD GREENS * MILK 	ROTISSERIE CHICKEN WHOLE WHEAT ROLL SWEET YELLOW CORN SAUTEED SPINACH *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 11/27/23	Tuesday 11/28/23	Wednesday 11/29/23	Thursday 11/30/23	
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED EGG BISCUIT SAUSAGE GRAVY APRICOTS *MILK	NATIONAL FRENCH TOAST DAY WHOLE GRAIN FRENCH TOAST CINNAMON APPLESAUCE *MILK	WHOLE WHEAT PANCAKES RASPBERRIES *MILK	MULTI GRAIN CHERRIOS WARM PEACHES *MILK	
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	(HM) XTRA CHEESE PIZZA WHOLE WHEAT CRUST SLICED STRAWBERRIES CALIFORNIA BLEND VEGGIES *MILK	SAVORY CHICKEN SALAD WHOLE WHEAT PITA POCKET FRESH PEACHES SWEET PEAS *MILK	BLACK BEAN BURGER WHOLE WHEAT BURGER BUN HONEYDEW MELON KALE SALAD * MILK	GROUND CHICKEN ENRICHED BROWN RICE ORANGES REFRIED BEANS *MILK	
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED SALTINE CRACKERS CURRIED TUNA SALAD WATER	ENRICHED MUFFIN CANTALOUPE STARS (CUT INTO FUN SHAPES) WATER	ENRICHED HARD PRETZELS GREEN APPLE SLICES WATER	TEDDY BEAR SMOOTHIE ENRICHED TEDDY GRAHAM CRACKERS BEAR SMOOTHIE (RECIPE IN LINK) WATER	
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>
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"/>
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SLICED HONEY HAM MULTI GRAIN ROLL MANADARIN ORANGES SWEET POTATO CASSEROLE *MILK	STUFFED BELL PEPPERS W/ GROUND BEEF & BROWN RICE HONEYDEW MELON LIMA BEANS * MILK	CHICKEN NUGGETS ENRICHED CORNBREAD STRAWBERRIES STEAMED ZUCCHINI * MILK	BEEF MEATBALL SUB WHOLE WHEAT SUB ROLL FRUIT COCKTAIL STEAMED CORN *MILK	
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>
	* 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.				