



					Friday 11/1/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					FALL APPLE PUMPKIN OATMEAL RECIPE APPLE PUMPKIN OATMEAL BANANA *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					BOILED EGG HALVES WHOLE GRAIN TRISCUIT CRACKERS WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					CHICKEN FILET SANDWICH MULTI GRAIN BUN CARROT RAISIN SALAD SWEET PEAS *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					FISH SWIMMING IN SOUP ENRICHED GOLDFISH TOMATO BISQUE SOUP WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					BLACK BEAN BURGER WHOLE WHEAT BURGER BUN APRICOTS SWEET POTATOES * MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					WHOLE WHEAT MINI BAGEL DICED PLUMS WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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 11/4/24	Tuesday 11/5/24	Wednesday 11/6/24	Thursday 11/7/24	Friday 11/8/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN MAPLE OATMEAL WARM APRICOTS *MILK	WHOLE WHEAT WAFFLE STICKS TATER TOTS *MILK	MULTI GRAIN CHEERIOS BANANA *MILK	WHOLE WHEAT MINI BAGEL HONEYDEW MELON *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
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN RICE CAKES CANTALOUPE CHUNKS WATER	WHOLE GRAIN CHEESE CRACKERS TROPICAL FRUIT SALAD WATER	ENRICHED ENGLISH MUFFIN GRAPES (AGE APPROPRIATE) WATER	ZUCCHINI BANANA MINI MUFFINS RECIPE ZUCCHINI BANANA MUFFINS 100% APPLE JUICE WATER	ENRICHED ANIMAL CRACKERS PAPAYA 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GROUND BEEF WHOLE GRAIN SPAGHETTI PEACHES GREEN BEANS *MILK	SUNNY LEMON CHICKEN WHOLE WHEAT ROLL STRAWBERRIES KALE SALAD *MILK	NATIONAL NACHOS DAY DICED CHICKEN WHOLE GRAIN NACHOS BLUEBERRIES VEGGIE SALSA * MILK	SAVORY TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL CANTALOUPE TOSSED SALAD *MILK	BREAKFAST FOR LUNCH SAUSAGE PATTIES WHOLE WHEAT PANCAKES HASHBROWNS STRAWBERRIES *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	ENRICHED PITA POCKETS APPLE SLICES & NUT BUTTER WATER	SUGAR SNAP PEAS YOGURT DIP WATER	ENRICHED PRETZELS ORANGES 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 PEARS MIXED VEGETABLES *MILK	BAKED CHICKEN LEG ENRICHED BROWN RICE PEACHES 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
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	CRUNCHY ANTS ON A LOG WOW/SOY/PEANUT BUTTER CELERY RAISINS WATER	FRUIT & VEGGIE CUPS CUCUMBER STICKS WATERMELON STICKS WATER	WHOLE WHEAT SESAME STICKS CHEDDAR CHEESE CUBES WATER	WHOLE WHEAT PITA CHIPS SAVORY HUMMUS WATER	WHOLE GRAIN SUN CHIPS BLUEBERRIES 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
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	Monday 11/11/24	Tuesday 11/12/24	Wednesday 11/13/24	Thursday 11/14/24	Friday 11/15/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED TOAST BAKED APPLES *MILK	ENRICHED GRITS GRILLED PEACHES *MILK	ENRICHED FRENCH TOAST RASPBERRIES *MILK	ENRICHED PUMPKIN BREAD BANANA *MILK	RAISIN BRAN CEREAL DAY RAISIN BRAN CEREAL STRAWBERRIES *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
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	SPINACH & TOMATO OMELET PEARS WATER	ENRICHED ENGLISH MUFFIN TROPICAL FRUIT SALAD WATER	WHOLE WHEAT CHEESE TOAST TATER TOTS WATER	WHOLE WHEAT MINI PANCAKES RASPBERRIES WATER	WHOLE GRAIN MINI BAGEL BLUEBERRIES 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
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 GREEN/RED SWEET PEPPERS *MILK	GRILLED CHICKEN TENDERS WHOLE WHEAT ROLL BLUEBERRIES PEAR HALVES 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	WHOLE GRAIN RICE CAKE CANTALOUPE CHUNKS WATER	ENRICHED ANIMAL CRACKERS BLUEBERRIES WATER	MULTIGRAIN CRACKERS SAVORY TUNA WATER	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 ENRICHED BROWN RICE W/ GRAVY APRICOT HALVES STEAMED ZUCCHINI *MILK	GARLIC SHRIMP ENRICHED 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 TOMATO SOUP 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
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MUTLIGRAIN CHEERIOS BANANA WATER	HAM & CHEESE PINWHEELS MANDARINS WATER	ENRICHED GRAHAM CRACKERS PEACH WEDGES WATER	NATIONAL GUACAMOLE DAY ENRICHED TORTILLA CHIPS FRESH GUACAMOLE WATER	WHOLE GRAIN CHEEZE ITS ENGLISH CUCUMBERS 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
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	Monday 11/18/24	Tuesday 11/19/24	Wednesday 11/20/24	Thursday 11/21/24	Friday 11/22/24
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 ORANGE WEDGES *MILK	NATIONAL FRENCH TOAST DAY WHOLE GRAIN FRENCH TOAST PAPAYA *MILK	ENRICHED GRITS HONEYDEW MELON *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
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	GRILLED CHICKEN & SPINACH WHOLE WHEAT TORTILLA WRAP WATER	ENRICHED CREAM OF WHEAT APRICOTS WATER	WHOLE WHEAT CHEESE TOAST GROOVY GRAPES (CUT APPROPRIATELY) WATER	ANIMAL CRACKERS BLUEBERRIES WATER	ENRICHED FRENCH TOAST STICKS 100% ORANGE JUICE 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
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	GROUND CHICKEN ENRICHED BROWN RICE ORANGES REFRIED BEANS *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 TWO COMPONENTS	ENRICHED GRAHAM CRACKERS PEACHES WATER	CHEESE QUESADILLA WHOLE WHEAT QUESADILLA STRAWBERRIES WATER	WHOLE GRAIN CRACKERS TOMATO & CUCUMBER SALAD WATER	TEDDY BEAR SMOOTHIE ENRICHED TEDDY GRAHAM CRACKERS BEAR SMOOTHIE (BANANAS & YOGURT) (RECIPE IN LINK) 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 GREEN BEANS *MILK	FISH STICKS WHOLE WHEAT BREAD STICKS FRUIT COCKTAIL CARROT STICKS * MILK	BBQ CHICKEN ENRICHED CORN BREAD GREEN APPLE SLICES STEAMED ZUCCHINI * MILK	BEEF MEATBALL SUB WHOLE WHEAT SUB ROLL FRUIT COCKTAIL SWEET PEAS *MILK	ROTISSERIE CHICKEN WHOLE WHEAT ROLL SWEET YELLOW CORN CREAMED 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
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED CLUB CRACKERS HM CHICKEN NOODLE SOUP WATER	ENRICHED PRETZELS 100% BERRY JUICE WATER	FRUIT & VEGGIE CUP WATERMELON STICKS BABY CARROTS WATER	ENRICHED OYSTER CRACKERS ROASTED TOMATO BISQUE WATER	WHOLE GRAIN CHEEZE ITS PEARS 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

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	Monday 11/25/24	Tuesday 11/26/24	Wednesday 11/27/24	Thursday 11/28/24	Friday 11/29/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED EGG BISCUIT SAUSAGE GRAVY APRICOTS *MILK	ENRICHED CHEERIOS PEACHES *MILK	WHOLE WHEAT PANCAKES RASPBERRIES *MILK	HAPPY THANKSGIVING SWEET POTATO PANCAKES BAKED APPLES *MILK 	SCRAMBLED EGGS HASHBROWN * 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
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED OATMEAL PEARS WATER	FRUIT PIZZA WHOLE WHEAT BAGEL LOW FAT YOGURT BLUEBERRIES WATER	BANANA SUSHI ROLL WOW/SOY/PEANUT BUTTER WHOLE WHEAT TORTILLA BANANA WATER	HAPPY THANKSGIVING WHOLE GRAIN CHEERIOS MIXED BERRIES WATER 	<u>CRANBERRY APPLESAUCE RECIPE</u> ENRICHED PUMPKIN MUFFIN CRANBERRY APPLESAUCE
	<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	(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	HAPPY THANKSGIVING ROASTED TURKEY W/GRAVY ENRICHED CORNBREAD COLLARD GREENS BLACK EYES PEAS *MILK 	HOMEMADE 3 CHEESE PIZZA WHOLE WHEAT CRUST PINEAPPLE TIDBITS PEAS & CARROTS *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	NATIONAL PARTFAIT DAY GRANOLA GREEK YOGURT MIXED BERRIES WATER	ENRICHED MUFFIN CANTALOUPE STARS (CUT INTO FUN SHAPES) WATER	ENRICHED HARD PRETZELS GREEN APPLE SLICES WATER	HAPPY THANKSGIVING WHOLE GRAIN RICE CAKES TROPICAL FRUIT SALAD WATER 	ENRICHED HARD PRETZELS STRAWBERRIES
	<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	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 BISCUIT STRAWBERRIES STEAMED ZUCCHINI * MILK	HAPPY THANKSGIVING HOMEMADE MACARONI & CHEESE WHOLE WHEAT MACARONI BLUEBERRIES ROASTED CARROTS * MILK 	CHICKEN & RICE CASSEROLE ENRICHED BROWN RICE GRAPES (CUT ACCORDINGLY) STEAMED ASPARAGUS * 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/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	FRUIT & VEGGIE CUPS SWEET RED PEPPER STICKS PINEAPPLE STICKS WATER	WHOLE WHEAT SESAME STICKS BROCCOLI FLORETS w/HUMMUS WATER	WHOLE GRAIN TORTILLA CHIPS CHUNKY VEGGIE SALSA WATER	HAPPY THANKSGIVING HONEY HAM & CHEESE PINWHEELS ENRICHED SALTINE CRACKERS WATER 	ENRICHED GRAHAM CRACKERS CUCUMBER SLICES
	<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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