



				Care -	
					Friday 11/1/24
BREAKFAST					FALL APPLE PUMPKIN OATMEAL
DREAK! AD I					RECIPE .
Whole Grain/Grain Alternate					APPLE PUMPKIN OATMEAL
Vegetable or Fruit					BANANA
Fluid Milk					*MILK
					☐ Whole Grain
LUNCH					
Meat/Meat Alternate					CHICKEN FILET SANDWICH
Whole Grain/Grain Alternate					MULTI GRAIN BUN
Vegetable or Fruit					CARROT RAISIN SALAD
Vegetable					SWEET PEAS
Fluid Milk					*MILK
					☐ Whole Grain
PM SNACK					FISH SWIMMING IN SOUP
Meat/Meat Alternate					ENRICHED GOLDFISH
Whole Grain/Grain Alternate					TOMATO BISQUE SOUP
Vegetable or Fruit					
Fluid Milk					WATER
TWO COMPONENTS					☐ Whole Grain
DINNER					
Meat/Meat Alternate					BLACK BEAN BURGER
Whole Grain/Grain Alternate					WHOLE WHEAT BURGER BUN
Vegetable or Fruit					APRICOTS
Vegetable					SWEET POTATOES
Fluid Milk					* MILK
					☐ Whole Grain
	* One year olds are served	Unflavored Whole Milk. Two years o	ld and older are served unflavored 1	% or Fat Free Milk. Milk substitutes w	nust 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	WHOLE GRAIN MAPLE OATMEAL	WHOLE WHEAT WAFFLE STICKS	MULTI GRAIN CHEERIOS	WHOLE WHEAT MINI BAGEL	MULTIGRAIN CHEX
Vegetable or Fruit	WARM APRICOTS	TATER TOTS	BANANA	HONEYDEW MELON	SLICED PLUMS
Fluid Milk	*MILK	*MILK	*MILK		*MILK
				*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH			NATIONAL NACHOS DAY		BREAKFAST FOR LUNCH
Meat/Meat Alternate	GROUND BEEF	SUNNY LEMON CHICKEN	DICED CHICKEN	SAVORY TUNA & CHEESE SUB	SAUSAGE PATTIES
Whole Grain/Grain Alternate	WHOLE GRAIN SPAGHETTI	WHOLE WHEAT ROLL	WHOLE GRAIN NACHOS	WHOLE WHEAT SUB ROLL	WHOLE WHEAT PANCAKES
Vegetable or Fruit	PEACHES	STRAWBERRIES	BLUEBERRIES	CANTALOUPE	HASHBROWNS
Vegetable	GREEN BEANS	KALE SALAD	VEGGIE SALSA	TOSSED SALAD	STRAWBERRIES
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK					
Meat/Meat Alternate	VEGAN BEAN CHILI	ENRICHED PITA POCKETS	SUGAR SNAP PEAS	ENRICHED PRETZELS	ENRICHED OYSTER CRACKERS
Whole Grain/Grain Alternate	MULTI GRAIN CLUB CRACKERS	APPLE SLICES & NUT BUTTER	YOGURT DIP	ORANGES	SPLIT PEA SOUP
Vegetable or Fruit					
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	PEARS	PEACHES
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
	* 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 11/11/24	Tuesday 11/12/24	Wednesday 11/13/24	Thursday 11/14/24	Friday 11/15/24
BREAKFAST					RAISIN BRAN CEREAL DAY
Whole Grain/Grain Alternate	ENRICHED TOAST	ENRICHED GRITS	ENRICHED FRENCH TOAST	ENRICHED PUMPKIN BREAD	RAISIN BRAN CEREAL
Vegetable or Fruit	BAKED APPLES	GRILLED PEACHES	RASPBERRIES	BANANA	STRAWBERRIES
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	☐ 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	GREEN/RED SWEET PEPPERS	GREEN BEANS	TOSSED SALAD	BROCCOLI
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK				QUESADILLA & CILANTO YOGURT DIP	
Meat/Meat Alternate	WHOLE GRAIN RICE CAKE	ENRICHED ANIMAL CRACKERS	MULTIGRAIN CRACKERS	VEGGIE QUESADILLA	ENRICHED PRETZEL STICKS
Whole Grain/Grain Alternate	CANTALOUPE CHUNKS	BLUEBERRIES	SAVORY TUNA	CILANTRO YOGURT DIP	PEAR SLICES
Vegetable or Fruit				(RECIPE IN LINK)	
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	ENRICHED BROWN RICE W/ GRAVY	ENRICHED HAWAIIAN BREAD ROLL	WHOLE WHEAT SUB ROLL	WHOLE WHEAT PENNE PASTA	WHOLE WHEAT BUN
Vegetable or Fruit	APRICOT HALVES	PINEAPPLE CHUNKS	FRUIT COCKTAIL	TOMATO SOUP	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
	* 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 11/18/24	Tuesday 11/19/24	Wednesday 11/20/24	Thursday 11/21/24	Friday 11/22/24	
BREAKFAST		TOFU BREAKFAST SANDWICH		NATIONAL FRENCH TOAST DAY		
Whole Grain/Grain Alternate	ENRICHED BANANA MUFFIN	TOFU (RECIPE IN LINK)	ENRICHED CROISSANTS	WHOLE GRAIN FRENCH TOAST	ENRICHED GRITS	
Vegetable or Fruit	CINNAMON APPLESAUCE	WHOLE WHEAT ENGLISH MUFFIN	ORANGE WEDGES	PAPAYA	HONEYDEW MELON	
Fluid Milk	*MILK	STRAWBERRIES	*MILK	*MILK	*MILK	
		*MILK				
	Whole Grain	☐ Whole Grain	Whole Grain	☐ Whole Grain	Whole Grain	
LUNCH						
Meat/Meat Alternate	BEEF STIR FRY	CHICKEN NUGGETS	SAVORY TUNA SALAD	GROUND CHICKEN	SAVORY RED BEANS	
Whole Grain/Grain Alternate	WHOLE WHEAT NOODLES	WHOLE WHEAT ROLL	MUTLI GRAIN BREAD	ENRICHED BROWN RICE	WHOLE GRAIN BROWN RICE	
Vegetable or Fruit	GARLIC BROCCOLI	BLUEBERRIES	VEGETABLE SOUP	ORANGES	CINNAMON APPLES	
Vegetable	SAUTEED CARROTS	ROASTED POTATO WEDGES	ZESTY CORN	REFRIED BEANS	OKRA	
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
PM SNACK				TEDDY BEAR SMOOTHIE		
Meat/Meat Alternate	ENRICHED GRAHAM CRACKERS	CHEESE QUESADILLA	WHOLE GRAIN CRACKERS	ENRICHED TEDDY GRAHAM CRACKERS	ENRICHED ANIMAL CRACKERS	
Whole Grain/Grain Alternate	PEACHES	WHOLE WHEAT QUESADILLA	TOMATO & CUCUMBER SALAD	BEAR SMOOTHIE (BANANAS &YOGURT)	CELERY STICKS	
Vegetable or Fruit		STRAWBERRIES		(RECIPE IN LINK)		
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	─ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
DINNER						
Meat/Meat Alternate	HOT TURKEY & SWISS SUB	FISH STICKS	BBQ CHICKEN	BEEF MEATBALL SUB	ROTISSERIE CHICKEN	
Whole Grain/Grain Alternate	WHOLE WHEAT SUB ROLL	WHOLE WHEAT BREAD STICKS	ENRICHED CORN BREAD	WHOLE WHEAT SUB ROLL	WHOLE WHEAT ROLL	
Vegetable or Fruit	PEAR HALVES	FRUIT COCKTAIL	GREEN APPLE SLICES	FRUIT COCKTAIL	SWEET YELLOW CORN	
Vegetable	GREEN BEANS	CARROT STICKS	STEAMED ZUCCHINI	SWEET PEAS	CREAMED SPINACH	
Fluid Milk	*MILK	* MILK	* MILK	*MILK	*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
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PARICHED EGG BISCUIT SAUSAGE GRAVY PARICHES PACHES RASPBERRIES RASPBERRIES BAKED APPLES HASHBROWN *MILK *M						
ENRICHED EGG BISCUIT SAUSAGE GRAVY PEACHES PEACHES RASPBERRIES SAKED APPLES HASHBROWN *MILK		Monday 11/25/24	Tuesday 11/26/24	Wednesday 11/27/24	Thursday 11/28/24	Friday 11/29/24
SAUSAGE GRAVY APRICOTS "MILK Whole Grain Whole WHEAT CRUST SLICED STRAWBERRIES CALIFORNIA BLEND VEGGIES WHILK Whole Grain Who	BREAKFAST				HAPPY THANKSGIVING	
APRICOTS	Whole Grain/Grain Alternate	ENRICHED EGG BISCUIT	ENRICHED CHEEERIOS	WHOLE WHEAT PANCAKES	SWEET POTATO PANCAKES	SCRAMBLED EGGS
"MILK	Vegetable or Fruit	SAUSAGE GRAVY	PEACHES	RASPBERRIES	BAKED APPLES	HASHBROWN
UNCH UNCH Leaf/Meat Alternate Place Frain Whole Grain	Fluid Milk	APRICOTS	*MILK	*MILK	*MILK	* MILK
UNCH Neat/Meat Alternate A		*MILK				
Leat/Meat Alternate Chapter Ch		☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
WHOLE WHEAT CRUST SLICED STRAWBERRIES SWEET PEAS	LUNCH				HAPPY THANKSGIVING	
SLICED STRAWBERRIES GALIFORNIA BLEND VEGGIES SWEET PEAS SWILK SWILK SWILK SWEET PEAS SWEET PEAS SWEET PEAS SWEET PEAS SWEET PEAS SWEET PEAS SWILK SWILK SWILK SWEET PEAS SWHILK SWHOLE GRAIN RICE SWHOLE GRA	Meat/Meat Alternate	(HM) XTRA CHEESE PIZZA	SAVORY CHICKEN SALAD	BLACK BEAN BURGER	ROASTED TURKEY W/GRAVY	HOMEMADE 3 CHEESE PIZZA
CALIFORNIA BLEND VEGGIES SWEET PEAS KALE SALAD BLACK EYES PEA5 PEAS & CARROTS	Whole Grain/Grain Alternate	WHOLE WHEAT CRUST	WHOLE WHEAT PITA POCKET	WHOLE WHEAT BURGER BUN	ENRICHED CORNBREAD	WHOLE WHEAT CRUST
Whole Grain	Vegetable or Fruit	SLICED STRAWBERRIES	FRESH PEACHES	HONEYDEW MELON	COLLARD GREENS	PINEAPPLE TIDBITS
Whole Grain	Vegetable	CALIFORNIA BLEND VEGGIES	SWEET PEAS	KALE SALAD	BLACK EYES PEAS	PEAS & CARROTS
M SNACK NATIONAL PARTFAIT DAY REAT/Meat Alternate (ACT INTO FUN SHAPES) WATER WATER WATER WATER Whole Grain	Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
Reat/Meat Alternate GRANOLA ENRICHED MUFFIN ENRICHED HARD PRETZELS GREEN APPLE SLICES TROPICAL FRUIT SALAD STRAWBERRIES		☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
And be Grain/Grain Alternate GREEK YOGURT MIXED BERRIES (CUT INTO FUN SHAPES) WATER WHole Grain WHOLE WHEAT MACARONI & CHICKEN NIGGETS ENRICHED BISCUIT MANADARIN ORANGES WHOLE WHEAT MACARONI BLUEBERRIES GREEN APPLE SLICES TROPICAL FRUIT SALAD STRAWBERRIES TROPICAL FRUIT SALAD STRAWBERRIES WATER WATER WATER WATER WATER WATER WATER WHOLE Grain	PM SNACK	NATIONAL PARTFAIT DAY			HAPPY THANKSGIVING	
MIXED BERRIES CUT INTO FUN SHAPES WATER WATER WATER	Meat/Meat Alternate	GRANOLA	ENRICHED MUFFIN	ENRICHED HARD PRETZELS	WHOLE GRAIN RICE CAKES	ENRICHED HARD PRETZELS
Note	Whole Grain/Grain Alternate	GREEK YOGURT	CANTALOUPE STARS	GREEN APPLE SLICES	TROPICAL FRUIT SALAD	STRAWBERRIES
WO COMPONENTS Whole Grain	Vegetable or Fruit	MIXED BERRIES	(CUT INTO FUN SHAPES)			
DINNER Seat/Meat Alternate SLICED HONEY HAM STUFFED BELL PEPPERS W/ CHICKEN NUGGETS HOMEMADE MACARONI & CHEESE CHICKEN & RICE CASSEROLE	Fluid Milk	WATER	WATER	WATER	WATER WATER	
SLICED HONEY HAM MULTI GRAIN ROLL GROUND BEEF & BROWN RICE BURICHED BISCUIT MANADARIN ORANGES SWEET POTATO CASSEROLE *MILK Mole Grain Mole Grain Mole Grain Mole Grain Mole Grain Mole Grain CHICKEN NUGGETS ENRICHED BISCUIT STRAWBERRIES STEAMED ZUCCHINI *MILK Mole Grain Mole Grain HOMEMADE MACARONI & CHEESE WHOLE WHEAT MACARONI BULBERRIES BULBERRIES ROASTED CARROTS STEAMED ASPARAGUS *MILK *MILK Mole Grain Whole Grain Whole Grain Whole Grain	TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
Whole Grain/Grain Alternate MULTI GRAIN ROLL GROUND BEEF & BROWN RICE ENRICHED BISCUIT WHOLE WHEAT MACARONI ENRICHED BROWN RICE egetable or Fruit MANADARIN ORANGES HONEYDEW MELON STRAWBERRIES BLUEBERRIES GRAPES (CUT ACCORDINGLY) symbole Grain STEAMED ZUCCHINI ROASTED CARROTS STEAMED ASPARAGUS * MILK * MILK * MILK * MILK Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain	DINNER				HAPPY THANKSGIVING	
MANADARIN ORANGES HONEYDEW MELON STRAWBERRIES BLUEBERRIES GRAPES (CUT ACCORDINGLY) SWEET POTATO CASSEROLE LIMA BEANS STEAMED ZUCCHINI ROASTED CARROTS STEAMED ASPARAGUS *MILK * MILK * MILK * MILK * MILK Whole Grain Whole Grain Whole Grain Whole Grain	Meat/Meat Alternate	SLICED HONEY HAM	STUFFED BELL PEPPERS W/	CHICKEN NUGGETS	HOMEMADE MACARONI & CHEESE	CHICKEN & RICE CASSEROLE
egetable SWEET POTATO CASSEROLE LIMA BEANS STEAMED ZUCCHINI ROASTED CARROTS STEAMED ASPARAGUS *MILK *MILK *MILK Whole Grain Whole Grain Whole Grain Whole Grain	Whole Grain/Grain Alternate	MULTI GRAIN ROLL	GROUND BEEF & BROWN RICE	ENRICHED BISCUIT	WHOLE WHEAT MACARONI	ENRICHED BROWN RICE
*MILK	Vegetable or Fruit	MANADARIN ORANGES	HONEYDEW MELON	STRAWBERRIES	BLUEBERRIES	GRAPES (CUT ACCORDINGLY)
□ Whole Grain	Vegetable	SWEET POTATO CASSEROLE	LIMA BEANS	STEAMED ZUCCHINI	ROASTED CARROTS	STEAMED ASPARAGUS
	Fluid Milk	*MILK	* MILK	* MILK	* MILK	* MILK
* 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.		☐ 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.				