



					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
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
* 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 <input type="checkbox"/> Whole Grain	WHOLE WHEAT WAFFLE STICKS TATER TOTS *MILK <input type="checkbox"/> Whole Grain	MULTI GRAIN CHEERIOS BANANA *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT MINI BAGEL HONEYDEW MELON *MILK <input type="checkbox"/> Whole Grain	MULTIGRAIN CHEX SLICED PLUMS *MILK <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 <input type="checkbox"/> Whole Grain	SUNNY LEMON CHICKEN WHOLE WHEAT ROLL STRAWBERRIES KALE SALAD *MILK <input type="checkbox"/> Whole Grain	NATIONAL NACHOS DAY DICED CHICKEN WHOLE GRAIN NACHOS BLUEBERRIES VEGGIE SALSA * MILK <input type="checkbox"/> Whole Grain	SAVORY TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL CANTALOUPE TOSSED SALAD *MILK <input type="checkbox"/> Whole Grain	BREAKFAST FOR LUNCH SAUSAGE PATTIES WHOLE WHEAT PANCAKES HASHBROWNS STRAWBERRIES *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	VEGAN BEAN CHILI MULTI GRAIN CLUB CRACKERS WATER <input type="checkbox"/> Whole Grain	ENRICHED PITA POCKETS APPLE SLICES & NUT BUTTER WATER <input type="checkbox"/> Whole Grain	SUGAR SNAP PEAS YOGURT DIP WATER <input type="checkbox"/> Whole Grain	ENRICHED PRETZELS ORANGES WATER <input type="checkbox"/> Whole Grain	ENRICHED OYSTER CRACKERS SPLIT PEA SOUP WATER <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	PHILLY CHEESE STEAK WHOLE WHEAT SUB ROLL FRUIT COCKTAIL BAKED FRENCH FRIES *MILK <input type="checkbox"/> Whole Grain	TURKEY BURGER MULTI GRAIN BUN RASPBERRIES CORN ON THE COB * MILK <input type="checkbox"/> Whole Grain	FISH STICKS WHOLE WHEAT ROLL PINEAPPLE STICKS PEAS & CARROTS * MILK <input type="checkbox"/> Whole Grain	XTRA CHEESE RAVIOLI WHOLE WHEAT RAVIOLI PEARS MIXED VEGETABLES *MILK <input type="checkbox"/> Whole Grain	BAKED CHICKEN LEG ENRICHED BROWN RICE PEACHES OKRA * MILK <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 <input type="checkbox"/> Whole Grain	ENRICHED GRITS GRILLED PEACHES *MILK <input type="checkbox"/> Whole Grain	ENRICHED FRENCH TOAST RASPBERRIES *MILK <input type="checkbox"/> Whole Grain	ENRICHED PUMPKIN BREAD BANANA *MILK <input type="checkbox"/> Whole Grain	RAISIN BRAN CEREAL DAY RAISIN BRAN CEREAL STRAWBERRIES *MILK <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 <input type="checkbox"/> Whole Grain	TACO TUESDAY BEEF AND CHEESE TACO WHOLE WHEAT SOFT TACO PEAR HALVES GREEN/RED SWEET PEPPERS *MILK <input type="checkbox"/> Whole Grain	GRILLED CHICKEN TENDERS WHOLE WHEAT ROLL BLUEBERRIES GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	HAM & CHEESE PANINI WHOLE WHEAT PANINI ROASTED SQUASH TOSSED SALAD *MILK <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 <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKERS BLUEBERRIES WATER <input type="checkbox"/> Whole Grain	MULTIGRAIN CRACKERS SAVORY TUNA WATER <input type="checkbox"/> Whole Grain	QUESADILLA & CILANTO YOGURT DIP VEGGIE QUESADILLA CILANTRO YOGURT DIP (RECIPE IN LINK) WATER <input type="checkbox"/> Whole Grain	ENRICHED PRETZEL STICKS PEAR SLICES WATER <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	SALISBURY STEAK ENRICHED BROWN RICE W/ GRAVY APRICOT HALVES STEAMED ZUCCHINI *MILK <input type="checkbox"/> Whole Grain	GARLIC SHRIMP ENRICHED HAWAIIAN BREAD ROLL PINEAPPLE CHUNKS STEAMED BROCCOLI * MILK <input type="checkbox"/> Whole Grain	BEEF MEATBALL SUB WHOLE WHEAT SUB ROLL FRUIT COCKTAIL STEAMED CORN * MILK <input type="checkbox"/> Whole Grain	OODLE OF NOODLE PASTA BAKED CHICKEN WHOLE WHEAT PENNE PASTA TOMATO SOUP SAUTEED SPINACH *MILK <input type="checkbox"/> Whole Grain	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	<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 APPLSAUCE *MILK	<u>TOFU BREAKFAST SANDWICH</u> TOFU (RECIPE IN LINK) WHOLE WHEAT ENGLISH MUFFIN STRAWBERRIES *MILK	ENRICHED CROISSANTS ORANGE WEDGES *MILK	<u>NATIONAL FRENCH TOAST DAY</u> 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
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	<u>TEDDY BEAR SMOOTHIE</u> 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
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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
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
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