

## **NOVEMBER**

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## **BREAKFAST MENU**

Wednesday

Applesauce Cup-1/2 c.

100% Apple Juice-4 oz.

Whole Wheat Bagel w/

Cream Cheese-1

Milk-8 oz.

2020

Friday

School

Closed

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Fresh Orange-1 W/G Blueberry Pop Tart-2 Milk-8 oz.

Diced Peach Cup-1/2 c.

100% Orange/Tang/Juice

W/G Corn Chex Cereal-1 oz.

Strawberry Breakfast Bar-1

Milk-8 oz.

**Mixed Berries Applesauce** 

100% Apple Juice-4 oz.

W/G Fruity Cheerios-1 oz.

Apple Breakfast Bar-1

Milk-8 oz.

Fresh Apple-1

W/G Strawberry Pop

Tart-2

Milk-8 oz.

Monday

Diced Peach Cup-1/2 c.

100% Grape Juice-4 oz.

Strawberry Shred. Wheat

Maple Waffle Grahams-

Milk-8 oz.

Fresh Pear-1 100% Orange/Tang/Juice-W/G Strawberry Muffin-2 oz W/G Trix Cereal-1 oz. Milk-8 oz.

**Tuesday** 

Fresh Apple-1

W/G Honey Scooters

Cereal-1 oz.

W/G Pineapple Muffin-2 Milk-8 oz.

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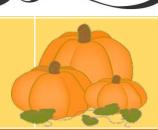
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**Mango Applesauce Cup** 100% Apple Juice-4 oz. W/G Fruity Pebbles-1 oz. W/G Blueberry Muffin-2 oz. Milk-8 oz.

24 Fresh Orange-1 W/G Fruit Loops-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.

30





Breakfast: choice of 1% or fat-free milk; fruit available daily

All pasta, bread and grains on this menu are whole wheat or whole grain

This institution is an equal opportunity provider

¥ Happy Veteran's Day! \*

Fresh Apple-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.

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Fresh Orange-1 W/G Cinn. Toasters Cereal W/G Maple Waffle Grahams-2 Milk-8 oz.

**Thursday** 

Fresh Orange-1

W/G Superdonut-1

Milk-8 oz.

Fresh Apple-1

W/G Apple Jacks Crl

W/G Strawberry Waffle

Grahams-2

Milk-8 oz.

5

12

Mandarin Orange Cup-1/2 c. **Honey Graham Toasters Crl** Apple Breakfast Bar-1 Milk-8 oz.

19 20 **Golden Apple-1** W/G Multigrain Cheerios W/G Apple Muffin-2 oz. Milk-8 oz.



## **NOVEMBER**

## **LUNCH MENU**

2020

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Lunch choice of 1% or fat-free milk; fruit available daily

All pasta, bread and grains on this menu are whole wheat or whole grain

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Monday	Tuesday	Wednesday	Thursday	Friday
W/G Chicken Nuggets-5 Green Beans-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c Applesauce Cup-1/2 c. Milk-8 oz.	Beef Nachos with Cheddar Cheese Sauce-4 oz. W/G Tostito Scoops-1 oz. Fresh Baby Carrots w/ Dip Mandarin Orange Cup-1/2 c. Milk-8 oz.	5 Teriyaki Chicken Fillet on a Whole Wheat Bun-1 Red Kidney Beans-3/4 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.	School Closed
9 Beef Salisbury Steak w/ Gravy-3 oz. Seasoned Diced Potatoes Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip Mixed Fruit Cup-1/2 c. Milk-8 oz.	+ Happy   Veteran's   Day! →	Grilled Chicken Tacos with Shredded Cheddar Cheese-2 Corn-3/4 c. W/G 6" Flour Tortilla-2 Cherry Craisins-3/4 c. Milk-8 oz.	Macaroni and Cheese-6 oz. Green Beans-3/4 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.
16 Grilled Chicken Parmigiana Diced Carrots-1 c. Whole Wheat Dinner Roll Strawberry Applesauce Cup-1/2 c. Milk-8 oz.	Turkey Meatballs w/ Sauce on a Whole Grain Hot Dog Bun-1 Red Kidney Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	Beef Meatloaf w/ Ketchup Seasoned Diced Potatoes Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	19 W/G Chicken Fingers-3 Green Beans-3/4 c. Rasp. Lemonade Craisins Whole Wheat Dinner Roll Milk-8 oz.	Jumbo Stuffed Shells with Meat Sauce-2 Broccoli Florets-3/4 c. Applesauce Cup-1/2 c. Whole Grain Bread Milk-8 oz.
Flame Broiled	Baked Ziti-8 oz.		<b>C</b> →*HAP	PY*

Flame Broiled Chicken Burger on a Whole Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz.

30 All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c.. Applesauce Cup-1/2 c.

Milk-8 oz.

Baked Ziti-8 oz. Green Beans-3/4 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-8 oz.



