



# NOVEMBER

# BREAKFAST MENU

# 2020



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <p>2</p> <p>Diced Peach Cup-1/2 c.<br/>100% Grape Juice-4 oz.<br/>Strawberry Shred. Wheat<br/>Maple Waffle Grahams-<br/>Milk-8 oz.</p>          | <p>3</p> <p>Fresh Apple-1<br/>W/G Honey Scooters<br/>Cereal-1 oz.<br/>W/G Pineapple Muffin-2<br/>Milk-8 oz.</p>                             | <p>4</p> <p>Applesauce Cup-1/2 c.<br/>100% Apple Juice-4 oz.<br/>Whole Wheat Bagel w/<br/>Cream Cheese-1<br/>Milk-8 oz.</p> | <p>5</p> <p>Fresh Orange-1<br/>W/G Superdonut-1<br/>Milk-8 oz.</p>  | <p>6</p> <p><b>School<br/>Closed</b></p>   |
| <p>9</p> <p>Fresh Orange-1<br/>W/G Blueberry Pop Tart-2<br/>Milk-8 oz.</p>  | <p>10</p> <p>Fresh Pear-1<br/>100% Orange/Tang/Juice-<br/>W/G Strawberry Muffin-2 oz<br/>W/G Trix Cereal-1 oz.<br/>Milk-8 oz.</p>           |   | <p>12</p> <p>Fresh Apple-1<br/>W/G Apple Jacks Crl<br/>W/G Strawberry Waffle<br/>Grahams-2<br/>Milk-8 oz.</p>   | <p>13</p> <p>Mandarin Orange Cup-1/2 c.<br/>Honey Graham Toasters Crl<br/>Apple Breakfast Bar-1<br/>Milk-8 oz.</p> |
| <p>16</p> <p>Diced Peach Cup-1/2 c.<br/>100% Orange/Tang/Juice<br/>W/G Corn Chex Cereal-1 oz.<br/>Strawberry Breakfast Bar-1<br/>Milk-8 oz.</p> | <p>17</p> <p>Mango Applesauce Cup<br/>100% Apple Juice-4 oz.<br/>W/G Fruity Pebbles-1 oz.<br/>W/G Blueberry Muffin-2 oz.<br/>Milk-8 oz.</p> | <p>18</p> <p>Fresh Apple-1<br/>W/G Croissant with<br/>Margarine-2.2 oz.<br/>Milk-8 oz.</p>                                  | <p>19</p> <p>Fresh Orange-1<br/>W/G Cinn. Toasters Cereal<br/>W/G Maple Waffle<br/>Grahams-2<br/>Milk-8 oz.</p> | <p>20</p> <p>Golden Apple-1<br/>W/G Multigrain Cheerios<br/>W/G Apple Muffin-2 oz.<br/>Milk-8 oz.</p>              |
| <p>23</p> <p>Mixed Berries Applesauce<br/>100% Apple Juice-4 oz.<br/>W/G Fruity Cheerios-1 oz.<br/>Apple Breakfast Bar-1<br/>Milk-8 oz.</p>     | <p>24</p> <p>Fresh Orange-1<br/>W/G Fruit Loops-1 oz.<br/>W/G Banana Muffin-2 oz.<br/>Milk-8 oz.</p>  |   |   |  |
| <p>30</p> <p>Fresh Apple-1<br/>W/G Strawberry Pop<br/>Tart-2<br/>Milk-8 oz.</p>   |   |   |   |  |

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



# NOVEMBER

# LUNCH MENU

# 2020

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| <p>2</p> <p>W/G Chicken Nuggets-5<br/>Green Beans-3/4 c.<br/>Whole Wheat Dinner Roll<br/>Fresh Apple-1<br/>Milk-8 oz.</p>                              | <p>3</p> <p>All Beef Hamburger on a<br/>Whole Wheat Bun-1<br/>French Fries-3/4 c..<br/>Applesauce Cup-1/2 c.<br/>Milk-8 oz.</p>                | <p>4</p> <p>Beef Nachos with<br/>Cheddar Cheese Sauce-4 oz.<br/>W/G Tostito Scoops-1 oz.<br/>Fresh Baby Carrots w/ Dip<br/>Mandarin Orange Cup-1/2 c.<br/>Milk-8 oz.</p> | <p>5</p> <p>Teriyaki Chicken Fillet on<br/>a Whole Wheat Bun-1<br/>Red Kidney Beans-3/4 c.<br/>Peach Applesauce Cup-1/2 c.<br/>Milk-8 oz.</p>                   | <p>6</p> <p><b>School<br/>Closed</b></p>   |
| <p>9</p> <p>Beef Salisbury Steak<br/>w/ Gravy-3 oz.<br/>Seasoned Diced Potatoes<br/>Whole Wheat Dinner Roll<br/>Fresh Apple-1<br/>Milk-8 oz.</p>       | <p>10</p> <p>Turkey and Cheese on a<br/>W/G Potato Bun-1<br/>Fresh Baby Carrots w/ Dip<br/>Mixed Fruit Cup-1/2 c.<br/>Milk-8 oz.</p>           |  | <p>12</p> <p>Grilled Chicken Tacos with<br/>Shredded Cheddar Cheese-2<br/>Corn-3/4 c.<br/>W/G 6" Flour Tortilla-2<br/>Cherry Craisins-3/4 c.<br/>Milk-8 oz.</p> | <p>13</p> <p>Macaroni and Cheese-6 oz.<br/>Green Beans-3/4 c.<br/>Mandarin Orange Cup-1/2 c.<br/>Whole Grain Bread<br/>Milk-8 oz.</p>                  |
| <p>16</p> <p>Grilled Chicken Parmigiana<br/>Diced Carrots-1 c.<br/>Whole Wheat Dinner Roll<br/>Strawberry Applesauce<br/>Cup-1/2 c.<br/>Milk-8 oz.</p> | <p>17</p> <p>Turkey Meatballs w/ Sauce<br/>on a Whole Grain Hot Dog<br/>Bun-1<br/>Red Kidney Beans-3/4 c.<br/>Fresh Apple-1<br/>Milk-8 oz.</p> | <p>18</p> <p>Beef Meatloaf w/ Ketchup<br/>Seasoned Diced Potatoes<br/>Fresh Orange-1<br/>Whole Wheat Dinner Roll<br/>Milk-8 oz.</p>                                      | <p>19</p> <p>W/G Chicken Fingers-3<br/>Green Beans-3/4 c.<br/>Rasp. Lemonade Craisins<br/>Whole Wheat Dinner Roll<br/>Milk-8 oz.</p>                            | <p>20</p> <p>Jumbo Stuffed Shells with<br/>Meat Sauce-2<br/>Broccoli Florets-3/4 c.<br/>Applesauce Cup-1/2 c.<br/>Whole Grain Bread<br/>Milk-8 oz.</p> |
| <p>23</p> <p>Flame Broiled<br/>Chicken Burger<br/>on a Whole Wheat Bun-1<br/>Corn-3/4 c.<br/>Fresh Apple-1<br/>Milk-8 oz.</p>                          | <p>24</p> <p>Baked Ziti-8 oz.<br/>Green Beans-3/4 c.<br/>Diced Peach Cup-1/2 c.<br/>Whole Grain Bread<br/>Milk-8 oz.</p>                       |  |   |  |
| <p>30</p> <p>All Beef Hamburger on a<br/>Whole Wheat Bun-1<br/>French Fries-3/4 c..<br/>Applesauce Cup-1/2 c.<br/>Milk-8 oz.</p>                       |  |  |   |  |



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