

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 28- Nov 1 Breakfast	Cheerios, bananas, and milk	French toast sticks, oranges, and milk	Nutri grain bars, peaches, and milk	Waffles, applesauce, and milk	Biscuits with fruit spread, strawberries, and milk
Lunch	Sun butter and jelly on whole grain bread, green beans, applesauce/slice apples, and milk	Spaghetti with red sauce, veggie crumbles, Italian bread, peas and carrots, pears and milk	Chicken patty on bun, mashed potatoes, strawberries, broccoli and milk V: Veggie Patty	Dino nuggets, smiley fries, pineapples, mixed vegetables, and milk V: Veggie nuggets	Cheese Pizza, green beans, peaches, and milk A: Turkey sandwich
Snack	Veggie straws and water	Cheese Its and water	Yogurt and water A: Veggie straws	Goldfish and water	Pretzels and water
November 4-8 Breakfast	Kix Cereal, Bananas & Milk	Waffles, strawberries & Milk	Toasted bagel with cream cheese, mandarin oranges & milk	Nutra Grain Bars, peaches & milk	French toast sticks, melon & milk
Lunch	Sun Butter and Jelly sandwich, cucumber & carrot slices, apple slices & milk	Grilled Cheese whole grain bread, mixed vegetables, peaches & Milk A: Turkey sandwich	Whole grain rice, black beans, whole grain bread, broccoli, pears, & milk	Chicken nuggets, mashed potatoes, corn, whole wheat bread & milk V: Veggie Nuggets	Cheese Pizza, green beans, pineapples & milk A: Turkey sandwich
Snack	Graham Crackers & Water	Animal Crackers & Water	Pretzels & water	Goldfish, bananas & water	Pita Bread & water

V: Vegetarian Option

November 11-15	Breakfast	Cheerios, Bananas & Milk	Whole grain pancakes, pears & milk	Nutra Grain Bars, Applesauce & Milk	Pancakes, Bananas & Milk	Toasted bagel with cream cheese, strawberries & Milk
	Lunch	Pasta Salad with peppers and cucumbers, Turkey Hot dogs, melons & Milk V: Veggie Hot Dog	Whole Wheat Spaghetti, red sauce, veggie meatballs, garlic bread, broccoli & milk	Chicken Nuggets, Tater Tots, Peas and Carrots, Mandarin Oranges & Milk V: Veggie Nuggets	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: Cheese Sandwich A: Turkey sandwich	Chicken Patty on a Whole Grain bun, tater tots, peaches & Milk V: Veggie Patty
	Snack	Fig Newtons & Water	Yogurt, Strawberries & water A: Veggie straws	Veggie Straws & Water	Vanilla Wafers, Banana Pudding & Water	Crackers and water

November 18-22	Breakfast	Kix Cereal, Bananas & Milk	Whole Grain Pancakes, Strawberries & Milk	Nutra grain bars, pears & milk	French toast sticks, oranges & milk	Toasted bagel with cream cheese, strawberries & Milk A: No cream cheese
	Lunch	Grilled cheese on whole grain bread, corn, applesauce & Milk A: Turkey Sandwich	Chicken Alfredo, peas & carrots, Garlic Bread & Milk V: Plain Alfredo A: Sun butter and jelly	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: Cheese Sandwich	Mac and cheese, broccoli, honeydew melon, whole grain bread & Milk A: Turkey and cheese	Chicken Patty on a Whole Grain bun, tater tots, peaches & Milk V: Veggie Patty
	Snack	Veggie Straws & Water	Yogurt, Oranges & Water A: Graham Crackers	Vanilla Wafers, Banana Pudding & Water A: Veggie Straws	Pretzels & water	Cheese and crackers, water A: No cheese

V: Vegetarian Option

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
November 25-29 Breakfast Lunch Snack	Kix Cereal, Bananas & Milk Sun Butter and Jelly on whole grain bread, corn, applesauce & Milk Animal Crackers & Water	French toast sticks, oranges & milk Chicken Alfredo, peas & carrots, Garlic Bread & Milk V: Plain Alfredo A: Sun butter and jelly Veggie Straws & Water	Nutra grain bars, pears & milk Baked chicken, green beans, cranberries, and mashed potatoes with gravy V: Veggie Nuggets Pretzels & Water	Happy Thanksgiving! CLOSED	CLOSED

V: Vegetarian Option