


NOVEMBER 2023

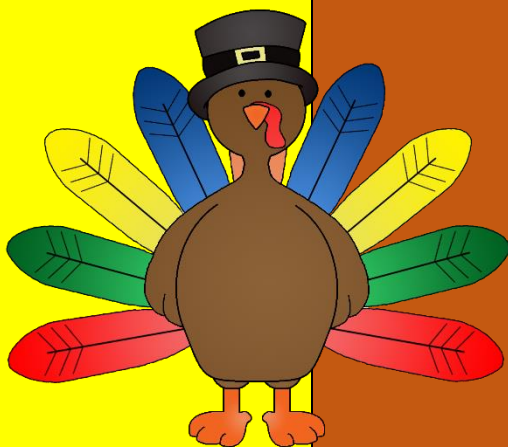
MON TUES WED THURS FRI

<p>WEEK 1</p> <p>BREAKFAST 7:30-8:30</p> <p>LUNCH 10:30-12:30</p> <p>SNACK 2:00-3:00</p>		<p>1</p> <p>Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Beef Lasagna CN Green Beans Sliced Peaches W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Fresh Orange Slices Cheez-it Crackers Water</p>	<p>2</p> <p>Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Beef Salisbury Steak CN Sweet Potatoes Brown Rice Sliced Pears Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Fresh Apple Slices Cheddar Cheese Cubes Water</p>	<p>3</p> <p>Raisin Bread Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Cheese Pizza CN Pinto Beans Pineapple Rings Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Fruit Yogurt Animal Crackers Water</p>	<p>USDA Child nutrition programs are available to all children without regard to race, national origin, sex, age, or disability.</p> <p>For One's substitutions for hard fresh fruits or veggies... Cooked carrots, applesauce, and other soft fruits or veggies. Meats are quartered.</p>
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<p>WEEK 2</p> <p>BREAKFAST 7:30-8:30</p> <p>LUNCH 10:30-12:30</p> <p>SNACK 2:00-3:00</p>	<p>6</p> <p>Blueberry Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Chicken Nuggets CN Corn on the Cob Tropical Fruit W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Sliced Peaches W. Wheat Waffle Water</p>	<p>7</p> <p>English Muffin and Jelly Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Glazed Chicken CN Broccoli Pineapple Rings W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Fresh Orange Slices Goldfish Crackers Water</p>	<p>8</p> <p>Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Pulled Chopped Pork CN Sweet Potatoes Sliced Peaches W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Raisins Mozzarella Cheese Stick Water</p>	<p>9</p> <p>Cheddar Cheese Toast Applesauce Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Beef Spaghetti D03 Green Beans Sliced Pears W. Wheat Noodles Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Blueberries W. Wheat Crackers Water</p>	<p>10</p> <p>Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Beef Burrito D-21 Floured Tortilla Pinto Beans Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Fruit Yogurt Bran Muffin Water</p>	<p>CN-Child Nutrition HM-Home Made If Fresh Fruit is out of seasons Frozen can be used instead.</p> <p>Cereals contain less than 6 grams of sugar per serving.</p> <p>No Fried Foods</p> <p>Water is served throughout the day as needed.</p>
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<p>WEEK 3</p> <p>BREAKFAST 7:30-8:30</p> <p>LUNCH 10:30-12:30</p> <p>SNACK 2:00-3:00</p>	<p>13</p> <p>W. Wheat English Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Chicken Corn Dogs CN Corn on the Cob Tropical Fruit Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Sliced Peaches W. Wheat Crackers Water</p>	<p>14</p> <p>Cheddar Cheese Toast Applesauce Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Chicken Biscuit Pie D-11 Broccoli Pineapple Rings Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Blueberries Ritz Crackers Water</p>	<p>15</p> <p>Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Meat Loaf CN Yellow Rice/Gravy Sliced Peaches Honey Glazed Carrots Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Fresh Orange Slices Cheez-it Crackers Water</p>	<p>16</p> <p>Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Chili Con Carne D25 Broccoli Sliced Pears Jiffy Corn Bread Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Fresh Apple Slices Cheddar Cheese Cubes Water</p>	<p>17</p> <p>Raisin Bread Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Cheese Pizza CN Pinto Beans Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Fruit Yogurt Animal Crackers Water</p>	<p>UN-FLAVORED</p> <p>Milk servings: 12:23 months (about 2 years) ½ cup (whole) 2-5 years ¾ cup (1%) 6-12 years 1 cup (1%)</p> <p>Grain servings: 1-2 years ½ ounce 3-5 years ¾ ounce 6-12 years ½ ounce</p>
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<p>WEEK 4</p> <p>BREAKFAST 7:30-8:30</p> <p>LUNCH 10:30-12:30</p> <p>SNACK 2:00-3:00</p>	<p>20</p> <p>Blueberry Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Beef Slider on Bun CN Corn on the Cob Tropical Fruit Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Sliced Peaches W. Wheat Waffle Water</p>	<p>21</p> <p>English Muffin and Jelly Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Sliced Turkey and Dressing Yams Pineapple Rings Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Fresh Orange Slices Goldfish Crackers Water</p>		<p>Meat servings: 1-2 years 1 ounce 3-5 years 1½ ounce 6-12 years 2 ounces</p> <p>Fruit/Vegetable servings: 1-2 years 1/8 ounce each 3-5 years ¼ ounce each 6-12 years ½ ounce each</p>
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<p>WEEK 5</p> <p>BREAKFAST 7:30-8:30</p> <p>LUNCH 10:30-12:30</p> <p>SNACK 2:00-3:00</p>	<p>27</p> <p>W. Wheat English Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Turkey Sausage CN Cheese Grits Hash Brown Potato Tropical Fruit Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Sliced Peaches W. Wheat Crackers Water</p>	<p>28</p> <p>Cheddar Cheese Toast Applesauce Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Roasted Chicken Leg Broccoli Pineapple Rings W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Blueberries Ritz Crackers Water</p>	<p>29</p> <p>Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Beef Lasagna Green Beans Sliced Peaches W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Raisins Mozzarella Cheese Stick Water</p>	<p>30</p> <p>Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Chili Con Carne D25 Sweet Potatoes Sliced Pears Jiffy Corn Bread Whole Milk 12-23 M 1% Milk Twos and Above</p> <hr/> <p>Blueberries W. Wheat Crackers Water</p>	
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