


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					<b>1</b> ¼ c Scrambled Eggs 1 WG Waffle Flatbread (1.1 oz) ½ c <b>Pineapple Tidbits</b> ¾ c Milk
<b>LUNCH</b>					½ c Macaroni & Cheese (0.6 oz eq m/ma; 0.8 oz eq noodles) 1 String Cheese (1 oz) ¼ c <b>Broccoli Florets</b> w/ Creamy Italian <b>KOALAS: ¼ c Cooked Broccoli w/ Creamy Italian</b> ¼ c <b>Honeydew</b> ¾ c Milk
<b>PM Snack</b>					<b>1/3 c Club Crackers</b> <b>Fruit</b> <b>½ c milk</b>
<b>BREAKFAST</b>		<b>5</b> 1 Turkey Sausage patty 1 <b>WW</b> Biscuit (1 oz) ½ c <b>Peaches</b> ¾ c Milk	<b>6</b> 1 <b>WG</b> Scooters cereal (1 oz) ½ c <b>Fruit Mix</b> ( <b>Pineapple</b> , <b>Peaches</b> , <b>Pears</b> ) ¾ c Milk	<b>7</b> 1 <b>WG</b> Apple Muffin (1.6 oz) ½ c <b>Blueberries</b> ¾ c Milk	<b>8</b> ¼ C Oatmeal 4 <b>Orange Wedges</b> <b>KOALAS: ½ c Mandarin Orange</b> ¾ c Milk
<b>LUNCH</b>		1 Meatloaf (3.15oz) & Gravy 1 <b>WG</b> Bun (1.12 oz) ¼ c <b>Chickpeas Salad w/ Diced Cucumbers</b> ¼ c <b>Melon Salad</b> ¾ c Milk	<b>Make your Gyro</b> ¼ c Grilled Chicken Strips (2 oz) w/ ¼ c Yogurt sauce 1 <b>WG</b> Flat Bread (1 oz) ¼ c <b>Collard Greens</b> ¼ c <b>Mandarin Orange</b> ¾ c Milk	½ c Sloppy Joe (2 oz Ground Beef ) 1 WG Bun (1.12) ¼ c <b>Broccoli</b> w Ranch <b>KOALAS: ¼ c Cooked Broccoli w/ Ranch</b> ½ c <b>Tropical Fruit Salad</b> (Papaya, Pineapple) ¾ c Milk	<b>Make your Sandwich</b> 1 Veggie Burger (3.5 oz) w/ Mayo 1 <b>WG</b> Bun (1.12 oz) ½ c <b>Diced Cucumbers</b> ¼ c <b>Apple slices</b> <b>KOALAS: ¼ c Applesauce</b> ¾ c Milk
<b>PM Snack</b>		<b>1/3 c Nilla Wafers</b> <b>Fruit</b> <b>½ c milk</b>	<b>1/3 c Goldfish</b> <b>String cheese</b> <b>½ c milk</b>	<b>1/3 C Graham Crackers</b> <b>½ c milk</b>	<b>1/3 c Ritz</b> <b>Fruit</b> <b>½ c milk</b>

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.


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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Veteran's Day 11</b> 1 WG Bagel (2.3 oz) w/ Cream Cheese ½ c Pears ¾ c Milk	<b>12</b> 2 WG French Toast Stick (0.88 oz) w/ Syrup ½ c Peaches ¾ c Milk	<b>13</b> 1 WG Cinnamon Toast Crunch cereal (1 oz) ½ Banana ¾ c Milk	<b>14</b> 1 WG Blueberry Muffin (1.6 oz) 4 Orange Wedges KOALAS: ½ c Mandarin Orange ¾ c Milk	<b>15</b> 1 Egg Patty (1.5 oz) 1 WW Biscuit (1 oz) ½ c Tropical Fruit Salad ¾ c Milk
<b>LUNCH</b>	<b>Make your Sandwich</b> 1 Crispy Chicken Patty (3.25 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) ¼ c Potato Salad ¼ c Tropical Fruit Salad (Papaya, Pineapple) ¾ c Milk	Beef Stir-fry w/ vegetables ¼ c Beef Slices (2 oz) ¼ c Lomein Noodles ¼ c Asian Vegetables (Green Beans, Broccoli, Onions, Mushrooms, Red Pepper) ¼ c ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk	1 Cheese Lasagna Roll-up (3.5 oz) w/ Marinara Sauce WG Lasagna noodles (1 oz eq) 1 String cheese (1 oz) ½ c Spinach & Shredded Carrots Salad w/ Italian KOALAS: ½ c Steamed Spinach ¼ c Pears ¾ c Milk	2.5 oz Pop Corn Chicken w Ketchup 1 WG Bun (1.12 oz) ¼ c Broccoli Florets w/ Creamy Italian KOALAS: ¼ c Cooked Broccoli w/ Creamy Italian ¼ c Fruit Mix (Pineapple, Peaches, Pears) ¾ c Milk	<b>Make your Quesadilla</b> ¼ c Black Beans w/ Salsa 2 oz Shredded Mozzarella 1 WW Tortilla (1 oz) ¼ c Carrots w/ Veggie dip KOALAS: ¼ c Cooked Carrots w/ Veggie dip ¼ c Honeydew ¾ c Milk
<b>PM Snack</b>	1/3 C Cheez-its Fruit ½ C milk	1 Nutri Grain Bar ½ c milk	1/3 c Club Crackers ½ c milk	1/3 C dry cereal Fruit ½ c milk	1/3 c Nilla Wafers Fruit ½ c milk
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>18</b> ½ WG English Muffin (1 oz) w/ Apple Jelly ½ c Pears ¾ c Milk	<b>19</b> ½ Egg Omelets w/ Cheese 1 WG Waffle Flatbread (1.1 oz) 4 Orange Wedges KOALAS: ½ c Mandarin Orange ¾ c Milk	<b>20</b> 1 WG Apple Muffin (1.6 oz) ¼ c Apple Slices KOALAS: ¼ c Applesauce ¾ c Milk	<b>21</b> 1 WG Scooters cereal (1 oz) ½ c Blueberries ¾ c Milk	<b>22</b> 2 Waffle Sticks (1.5 oz) w/ syrup ½ c Applesauce ¾ c Milk
<b>LUNCH</b>	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ¼ c Potato Salad ¼ c Fruit Mix (Pineapple, Peaches, Pears) ¾ c Milk	<b>Make your Taco</b> ½ c Taco Meat (2 oz Ground Turkey) 2 Tbsp Shredded Cheddar Cheese ¼ c Shredded Lettuce & ¼ c Diced Tomato 1 WW Tortilla (1 oz) ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk	4 Chicken Meatballs (2.1 oz) w/ Marinara sauce 1 pc Parmesan Cheese 1 WG Hot Dog Bun (2.2 oz) ½ c Spinach & Shredded Carrots Salad w/ Italian KOALAS: ¼ c Steamed Spinach ¼ c Honeydew ¾ c Milk	Beef Stroganoff ¼ c Ground Beef (2 oz) ¼ c WG Rotini Pasta ¼ c Broccoli Florets w/ Creamy Italian KOALAS: ¼ c Cooked Broccoli w/ Creamy Italian ¼ c Mandarin Orange ¾ c Milk	<b>Make your Pizza</b> 2 oz Shredded Mozzarella 1 WG Flat Bread (1 oz) ½ c Hot Marinara Sauce ½ c Tossed salad w/ Italian KOALAS: Cooked Cauliflower w/ Italian ¼ c Cantaloupe ¾ c Milk
<b>PM Snack</b>	1/3 c Goldfish String cheese ½ c milk	1/3 C Graham Crackers ½ c milk	1/3 c Ritz Fruit ½ c milk	1/3 C Cheez-its ½ C milk	1 Nutri Grain Bar ½ c milk

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>BREAKFAST</b>	1 <b>WG</b> Waffle Flatbread (1.1 oz) w/ Grape Jelly ½ c <b>Pineapple Tidbits</b> ¾ c Milk	1 <b>WG</b> Pancake (1.23 oz) w/ Syrup ½ c <b>Applesauce</b> ¾ c Milk	1 <b>WG</b> Apple Cinnamon Cheerios cereal (1 oz) ½ <b>Banana</b> ¾ c Milk	 <b>Thanksgiving Break</b> <b>No School</b>	
<b>LUNCH</b>	Curry Chicken w/ Rice ¼ c Diced Chicken (2 oz) w/ Curry ¼ c <b>Brown Rice</b> w/ Green Peas ½ c <b>Spinach &amp; Shredded Carrots</b> Salad w/ Italian <b>KOALAS: ¼ c Steamed Spinach</b> ¼ c <b>Fruit Mix</b> (Pineapple, Peaches, Pears) ¾ c Milk	<b>Thanksgiving Menu</b>	1 Cheese Lasagna Roll-up (3.5 oz) with Marinara Sauce <b>WG</b> Lasagna noodles (1 oz eq) 1 String cheese (1 oz) ¼ c <b>Broccoli Florets</b> w/ Creamy Italian <b>KOALAS: ¼ c Cooked Broccoli w/ Creamy Italian</b>		
<b>PM Snack</b>	1/3 c <b>Club Crackers</b> ½ c milk	1/3 <b>C dry cereal</b> <b>Fruit</b> ½ c <b>milk</b>	4 <b>Orange Wedges</b> <b>KOALAS: ¼ c Mandarin Orange</b> ¾ c Milk  1/3 <b>C dry cereal</b> <b>Fruit</b> ½ c <b>milk</b>		

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