



"Box" Menu November 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
Breakfast					Scooters (WG), Oranges, Milk
Lunch/ Dinner					Deli Sandwich, Dinner Roll (WG), Baby Carrots, Apples, Milk
Snack					Muffins, Choice of Juice
	4	5	6	7	8
Breakfast	Trix (WG), Apples, Milk	Corn Flakes, Peaches, Milk	Yogurt, Mixed Fruit Cup, Milk	Croissants (WG), Plums, Milk	Honey Scooters (WG), Apple, Milk
Lunch/ Dinner	Pizza Sticks (WG), Peaches, Green Beans, Milk	Sunbutter & Jelly Sandwich, Peas & Carrots, Apples, Milk	Hot Dog & Bun (WG), Corn, Apple Sauce, Milk	Chesse Sandwich, Green Beans, Apples, Milk	Tuna Cups, Slider rolls (WG), Baby Carrots, Plums, Milk
Snack	Cheez Its, Choice of Juice	Animal Crackers (WG), Choice of Juice	Wheat Crackers (WG), Choice of Juice	Honey Grahams, Choice of Juice	Chat Snax, Choice of Juice
	11 CBS Closed / Veterans Day	12	13	14	15
Breakfast	Crispy Rice, Peaches, Milk	Frosted Flakes, Apples, Milk	Eggo Pancakes, Mixed Fruit Cup, Milk	Croissants (WG), Peaches, Milk	Scooters (WG), Apples, Milk
Lunch/ Dinner	Pizza Sticks(WG), Peas & Carrots, Apples, Milk	Sunbutter & Jelly Sandwiches, Corn, Plumbs, Milk	Hot Dog & Bun (WG), Green Beans, Apple Sauce, Milk	Cheese Sandwich, Peaches, Peas & Carrots, Milk	Deli Sandwich, Dinner roll (WG), Baby Carrots, Peaches, Milk
Snack	Cheez Its, Choice of Juice	Pizza Crackers (WG), Choice of Juice	Chat Snax. Choice of Juice	Mini Snackers, Choice of Juice	Muffins, Choice of Juice
	18	19	20	21	22
Breakfast	Trix, Plums, Milk	Corn Flakes, Apples, Milk	Yogurt, Mixed Fruit Cup, Milk	Croissants (WG), Plums, Milk	Honey Scooters (WG), Apples, Milk
Lunch/ Dinner	Pizza Sticks, (WG), Corn, Apples, Milk	Sunbutter & Jelly Sandwich, Green Beans, Plums, Milk	Hot Dog & Bun (WG), Corn, Apple Sauce, Milk	Cheese Sandwich, Peas & Carrots, Apples, Milk	Chicken Salad Cup, Slider roll (WG), Baby Carrots, Plums, Milk
Snack	Cheez Its, Choice of Juice	Animal Crackers (WG), Choice of Juice	Wheat Crackers (WG), Choice of Juice	Honey Grahams, Choice of Juice	Chat Snax, Choice of Juice
	25	26	27	28 CBS Closed	29 CBS Closed
Breakfast	Crispy Rice, Peaches, Milk	Frosted Flakes, Apples, Milk	Eggo Pancakes, Mixed Fruit Cups, Milk	Happy Thanksgiving	
Lunch/ Dinner	Pizza Sticks (WG), Corn, Apples, Milk	Sunbutter & Jelly Sandwich, Green Beans, Peaches, Milk	Hot Dog & Bun (WG), Peas & Carrots, Apple Sauce, Milk		
Snack	Cheez Its, Choice of Juice	Animal Crackers (WG), Choice of Juice	Chat Snax. Choice of Juice		

*Supplied by Bulk/Supply deliveries. Please fill out online order form when in need of supplies or paper products.

1% milk served to children age 3 and older, Whole milk served to children age 1-2 years.

Choice of Juice: Fruit Punch / Apple / Orange / Berry



MEAL PATTERNS



Breakfast

Serve Milk, Grains*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	2 servings 2 oz eq

**Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.*

Lunch/Supper

Serve all 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Grains	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	2 servings 2 oz eq

** A serving of milk is not required at supper meals for adults - * oz eq = ounce equivalents*

Snack

Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	1/2 cup - 1% milk	1 cup - 1 % milk	1 cup - 1 % milk

	Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
	Grains	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	1 serving 1 oz eq

**oz eq = ounce equivalents*