



November 2024 "Hot" Menu



	MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
					1
Breakfast					Scooters*(WG), Mixed Fruit*, Milk
Lunch/ Dinner					Zitti, Broccoli, Orange Wedges, Milk
Snack					Pretzels*, Grape Juice*
	4	5	6	7	8
Breakfast	French Toast, Pears*, Milk	Kix* (WG), Mixed Fruit*, Milk	Philly Roll (WG Dinner Roll filled with Cream Cheese), Pineapple*, Milk	Honey Scooters*, Peaches*, Milk	Froot Loops*, Apple Sauce*, Milk
Lunch/ Dinner	Sunbutter & Jelly Sandwiches, Baby Carrots, Peaches*, Milk	Mac & Cheese, Green Beans*, Fresh Pears, Milk	Chicken Patty, Hamburger Roll (WG), French Fries, Mixed Fruit*, Milk	Tuna Salad, Croissant (WG), Fresh Peppers, Cantaloupe Chunks, Milk	Penne with Blush Sauce, Italian Mixed Veggies, Bananas, Milk
Snack	Mini Snackers* (WG), Milk*	String Cheese, Apple Wedges	Pretzels* Apple Juice*	Muffins, Milk*	Graham Crackers* (WG), Grape juice*
	11 CBS Closed / Veterans' Day	12	13	14	15
Breakfast	Scooters*(WG), Apple Sauce*, Milk	Pancakes, Mixed Fruit*, Milk	Bagels & Cream Cheese, Pears*, Milk	Trix* (WG), Peaches*, Milk	Honey Scooters*, Mixed Fruit*, Milk
Lunch/ Dinner	Lasagna, Corn*, Mixed Fruit*, Milk	Chicken Nuggets, Rice, Green Beans*, Apple Wedges, Milk	Hot Dog & Bun, Beans, Sweet Potato Fries, Pineapple*, Milk	Pizza Bagels, Cheese Slices, Corn*, Clementines, Milk	Egg Salad Sandwich (WG), Cherry Tomatoes, Fresh Peaches, Milk
Snack	Chat Snaks*, Apple Sauce*	Mini Grahams*(WG), Milk	Cheez Its* (WG), Apple Juice*	Snack Loaves, Milk*	Tortilla Chips, Salsa
	18	19	20	21	22
Breakfast	Corn Flakes*, Apple Sauce*, Milk	Eggo Waffles, Pears*, Milk	Kix* (WG), Peaches*, Milk	Breakfast Sandwich (WG) (Slider Bun with Morning Star Sausage & Cheese), Apple Sauce Pouches, Milk	Froot Loop Eggo Waffles, Bananas, Milk
Lunch/ Dinner	Sliders, Roll, French Fries, Pineapple Chunks, Milk	Penne with Blush Sauce, Snap Peas, Mixed Fruit*, Milk	(Morning Star) Chik Nuggets, Dinner Roll, Baby Carrots, Pineapple*, Milk	Chicken Salad, Croissant, Green Beans*, Mixed Fruit*, Milk	Veggie Burgers & Bun, Cheese Slices, French Fries, Peaches*, Milk
Snack	Animal Crackers* (WG), Chick Pea Butter	Graham Crackers (WG) *, Milk	Muffins, Milk*	Hummus, Pretzels*	Grape Juice*, Corn Chips*(WG)
	25	26	27	28 CBS Closed	29 CBS Closed
Breakfast	Rice Krispies*, Mixed Fruit*, Milk	Pancakes (WG), Peaches*Milk	French Toast, Pears*, Milk	Happy Thanksgiving	Cocoa Puffs* (WG), Apple Sauce*, Milk
Lunch/ Dinner	Spaghetti & Meatballs, Green Beans*, Pears*, Milk	Beef-a-Roni, Corn*, Apple Sauce Pouches, Milk	Mac & Cheese, Broccoli, Peaches*, Milk		Chicken Patty, Hamburger Roll, Corn*, Mixed Fruit*, Milk
Snack	Animal Crackers*(WG), Pineapple*	String Cheese, Cheddar Chex Mix*	Chat Snax (WG)*, Apple Juice*		Pretzels* Grape Juice*
				28th	
Supplied by Bulk / Supply deliveries. Please fill out online order form when in need of supplies or paper products.				Breakfast - Choice of Cereal, Choice of Fruit*, Milk Lunch - Sunbutter & Jelly Sandwiches, Choice of Veg*, Choice of Fruit*, Milk Snack - Mini Grahams*, Milk	All Breakfasts and Lunches served with 1% milk for children age 3 and older and Whole milk for children age 1-2 years.



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					

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 - 1/2 cup = ounce equivalent					

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					