UCHRA Van Buen Head Start Menus 2019-2020

Week 1 of 5 Meal Pattern	Monday 10/20	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday 11/1
Meal Pattern Breakfast Milk 3/4 c	Monday 10/28 Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Friday 11/1 Breakfast 1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries	1/2 Banana General Mills Multi-Grain Cheerios	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate Other/Notes	WW Biscuits Gravy	Oatmeal	Cereal	Toasted English Muffin Jelly	WW Pillsbury Mini Pancakes Syrup
Lunch Milk 3/4 c	Lunch 1% Milk	Lunch 1% Milk	Lunch 1% Milk	Lunch (Culture Food) 1% Milk	Lunch 1% Milk
Meat/Alternate 1 1/2 oz	Hormel Turkey	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burritto	@Ground Beef & Cabbage Stew	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	Tomato Weges (A,C)	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Green Peas	Diced Pears	Orange Wedges (C)	Diced Pears	Tropical Fruit Cocktail
Bread/Alternate Other/Notes	Healthy Life WW Bread Turkey Gravy	WW Spaghetti Noodles Parmesean Cheese	(Burritto wrap) Ketchup, Salsa	Cornbread Muffin	Sister's Schubert's WW Roll
Snack (2 of 4 components)	*Serve as Open Face Sandwich Snack	*Serve as @Spaghetti Snack	Snack	Snack	Ranch Snack
Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice	1%Milk	Pineapple Tidbits (A,C)	Applesauce
Bread/Alternate Meat/Alternate 1/2 oz	Grahams	Monzerella String Cheese Stick	General Mills Multi Grain Cheerios cereal	1/2 Pillsbury WW Bagel Cream Cheese	Graham crackers
Other/Notes Week 2 of 5	Water	-		Water	Water
Meal Pattern Breakfast	Monday 11/4 Breakfast	Tuesday 11/5 Breakfast	Wednesday 11/6 Breakfast	Thursday 11/7 Breakfast	Friday 11/8 Breakfast
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	1% Milk Diced Peaches (C)	1% Milk Banana Slices	1% Milk Orange Wedges (C)	1% Milk Strawberries	1% Milk Cooked Apple Slices (C)
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies Cereal	Healthy Life WW Toast	Oatmeal	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes Lunch	Lunch	Lunch	American Cheese *Serve as Cheese Toast Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk WG Tony's Smart Pizza Pepperoni
Meat/Alternate 1 1/2 oz	Tyson WG Chicken Patty (I)	Pinto Beans(I)	Hamburger Steak	@Tuna Salad	and cheese CN Label
	Baked Curly Fries	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Green Beans
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Corn	Green Peas (A & C)	Tropical Fruit	Diced Peaches (C)
Bread/Alternate Other/Notes	Ultra WW Bun Ketchup, Mustard, Mayo	Cornbread Muffin	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions	Healthy Life WW Bread	(Pizza crust)
Snack (2 of 4 components)	*Serve as Sandwich Snack	Snack	Snack	*Serve as Sandwich Snack	Snack
Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	1% Milk	aon	Tomato Sauce(A,C)	don	Applesauce
Bread/Alternate Meat/Alternate 1/2 oz	Smart Choice WG Blueberry Muffin	Zesta WW Crackers Boiled Egg- halved	MaxStix-(Cheese & Bread)	Animal Crackers Yogurt	Graham crackers
Other/Notes Week 3of 5		water	water	water	
Meal Pattern Breakfast	Monday 11/11	Tuesday 11/12 Breakfast	Wednesday 11/13 Breakfast	Thursday 11/14 Breakfast	Friday 11/15 Breakfast
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c		1% Milk Diced Strawberries	1% Milk 1/2 Banana	1% Milk Orange Wedges (C)	1% Milk Diced Peaches (C)
Bread/Alternate Other/Notes		Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin Jelly	WW Pillsbury Mini Pancakes Syrup
Lunch Milk 3/4 c		Lunch 1% Milk	Lunch 1% Milk	Lunch 1% Milk	Lunch 1% Milk
Meat/Alternate 1 1/2 oz		@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burritto	@White Beans with Ham Chunks	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	-	Green Beans	Baked Hashbrown	@Cole Slaw	Raw Broccoli (A,C)
Fruit 1/4 c (2oz)		Diced Pears	Orange Wedges (C)	Tomato Wedges (A,C)	Tropical Fruit Cocktail
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(Vegies can replace fruits) Bread/Alternate Other/Notes		WW Spaghetti Noodles Parmesean Cheese	(Burritto wrap) Ketchup, Salsa	Cornbread Muffin	Sister's Schubert's WW Roll
		WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack	(Burritto wrap) Ketchup, Salsa Snack	Cornbread Muffin Snack	Sister's Schubert's WW Roll Ranch Snack
Bread/Alternate Other/Notes		Parmesean Cheese *Serve as @Spaghetti	Ketchup, Salsa		Ranch
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz	Closed No School	Parmesean Cheese *Serve as @Spaghetti Snack	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese	Snack	Ranch Snack Applesauce Graham crackers
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5	Veteran's Day	Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water	Snack 1%Milk Rice Krispies Cereal	Ranch Snack Applesauce Graham crackers Water
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Weal Pattern Breakfast	Veteran's Day Monday 11/18 Breakfast	Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern	Veteran's Day Monday 11/18	Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20	Snack 1%Milk Rice Krispies Cereal Thursday 11/21	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C)
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c	Veteran's Day Monday 11/18 Breakfast 1% Milk	Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Veteran's Day Monday 11/18 Breakfast 1% Miik Orange Wedges (C) Toasted English Muffin Jelly	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C)	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breat/alternate Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz)	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili)	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits)	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C)	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C)
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Yegetable 1/4 c (202) Fruit // c / 2 oz (202) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat /Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Hoagie	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll	Snack Snack Snack Snack Snack Snack Size Cereal Size Cereal Size Cereal Size Cereal Size Cereal Size Cereal Size Corean of Wheat Counter Food Size Corn & Red Peppers Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat /Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices	Snack Snack Snack Snack Snack Snack Strawberrys Strawberrys WW Cream of Wheat Lunch (Culture Food) % Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1% Milk
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chill) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A)	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers	Snack Snack Snack Snack Snack Snack Strawberrys Strawberrys WW Cream of Wheat Lunch (Culture Food) % Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1% Milk
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chill) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1% Milk Graham Crackers
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat VAlternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Yegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate 1/2 oz Other/Notes Snack (2 of 5 Meat Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Hoagle Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1%Milk Graham Crackers
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meal /Alternate Meal /Alternate Meal Pattern Bread/Alternate Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Pruit/Vegetable/Juice 1/2 cz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 cz Bread/Alternate Meat/Alternate Meat/Alternate Milk 1/2 c Fruit/Vegetable/Juice 1/2 cz Bread/Alternate Meat Pattern Bread/Alternate Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chill) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1%Milk Graham Crackers
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate 1/2 oz Other/Notes Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk Diced Strawberries Oatmeal	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1%Milk Graham Crackers
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat VAlternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate 1/2 oz Other/Notes Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Cher/Notes Lunch Milk 3/4 c	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1% Milk Graham Crackers
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 cz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 cz<	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chill) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Hoagie Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1% Milk Graham Crackers
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meat/Alternate 1/2 oz Other/Notes Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit 1/4 c / 2 oz (2oz) (Vegietable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 5 of 5 Meal Pattern Bread/Alternate Other/Notes Lunch Milk 3/4 c MeatValternate 1 1/2 oz Other/Notes <	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk @@Ground Beef Meat Sauce Green Beans	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1% Milk Graham Crackers
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meat/Alternate 1/2 oz Other/Notes Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1/4 c (202) Fruit 1/4 c / 2 oz (202) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 5 of 5 Meal Pattern Bread/Alternate Other/Notes Lunch Milk 3/4 c Milk 3/4 c Milk 3/4 c Meat/Alternat	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Hoagle Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1% Milk Graham Crackers
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Breadfast Milk 3/4 c Meal Pattern Breakfast Milk 3/4 c Meal Valternate Milk 3/4 c Meal Valternate Other/Notes Lunch Milk 3/4 c Meal Valternate Milk 3/4	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese "Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Sorve as @Spaghetti Snack Applesauce	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1% Milk Graham Crackers Friday 11/29 Friday 11/29
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Pruit 1/4 c / 2 oz (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Dither/Notes Lunch Milk 3/4 c Milk 3/4 c Fruit/Vegetable/Juice 1/2 cz Bread/Alternate 1 1/2 oz <td>Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chill) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Applesauce Grahams</td> <td>Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagle Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping Snack</td> <td>Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlle's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water Wednesday 11/27</td> <td>Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread) Thursday 11/28</td> <td>Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1%Milk Graham Crackers Friday 11/29 Friday 11/29</td>	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chill) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Applesauce Grahams	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagle Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping Snack	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlle's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water Wednesday 11/27	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread) Thursday 11/28	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1%Milk Graham Crackers Friday 11/29 Friday 11/29
Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Snack (2 of 4 components) Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) (Vegles can replace fruits) B	Veteran's Day Monday 11/18 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese "Serve as @ Chili Snack Diced Apricots (A) Keebler Animal Crackers Water Monday 11/25 Breakfast 1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears Ww Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Applesauce Grahams Water	Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 11/19 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk Natural Choice Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagle Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Tuesday 11/26 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping Snack Tomato Juice Monzerella String Cheese Stick (I)=High Source of Iron, (A)=High So	Ketchup, Salsa Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Wednesday 11/20 Breakfast 1% Milk Banana Kellogg Rice Krispies Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Zesta WW Crackers American Cheese Slices Water Wednesday 11/27 Closed	Snack 1%Milk Rice Krispies Cereal Thursday 11/21 Breakfast 1% Milk Strawberrys WW Cream of Wheat Lunch (Culture Food) 1% Milk (Pinto Beans) (Corn & Red Peppers) Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Tomato Juice MaxStix (Cheese & Bread)	Ranch Snack Applesauce Graham crackers Water Friday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk *American Cheese @Vegetable Soup Pineapple Tidbits (C) Ultra WW Bread Zesta WW Crackers *Served as Hot Sandwich Snack 1% Milk Graham Crackers Friday 11/29 Friday 11/29 Thanksgiving Break