## UCHRA Van Buen Head Start Menus 20202021 November 2020

Meal Pattern	Monday 11/2	Tuesday 11/3	Wednesday 11/4	Thursday 11/5	Friday 11/6
Breakfast	Breakfast		Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk		1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)		1/2 Banana WW General Mills Multi-Grain	Orange Wedges (C )	Diced Peaches (C)
Bread/Alternate	WW Biscuits		Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes	Gravy			Jelly	Syrup
Lunch	Lunch		Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	***	1% Milk Los Cabos Sausage, Egg, & Cheese	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	@White Beans with Ham Chunks	PRESIDENTAL	Burritto	CN label Hormel Turkey	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	@Cole Slaw		Baked Hashbrown	Mashed Potatoes	Raw Broccoli (A,C)
vegetable 1140 (202)	Control of the state of the sta	2⊜20		musica i otatoes	
Fruit 1/4 c (20z)	Tomato Wedges (A,C)	ELECTION	Orange Wedges (C )	Green Peas	Tropical Fruit Cocktail
(Vegies can replace fruits) Bread/Alternate	Cornbread Muffin		(Burritto wrap)	Healthy Life WW Bread	Sister Schubert's WW Roll
Other/Notes		YOUR VOTE IS YOUR VOICE	Ketchup, Salsa	Turkey Gravy	
Week 2 of 5				*Serve as Open Face Sandwich	Ranch
Meal Pattern	Monday 11/9	Tuesday 11/10	Wednesday 11/11	Thursday 11/12	Friday 11/13
Breakfast	Breakfast	Breakfast		Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk		1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c Bread/Alternate		Diced Strawberries & Blueberries WW Oatmeal	Mayannya Ivy Wiva Control	Orange Wedges (C ) Toasted English Muffin	Diced Peaches (C) WW Pillsbury Mini Pancakes
Other/Notes	Gravy		HONORING ALL WHO SERVED	Jelly	Syrup
Lunch	Lunch	Lunch		Lungh	Lunch
Lunch Milk 3/4 c	Lunch 1% Milk	Lunch 1% Milk		Lunch 1% Milk	Lunch 1% Milk
Meat/Alternate 1 1/2 oz	@White Beans with Ham Chunks	@Ground Beef Meat Sauce		CN label Hormel Turkey	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	@Cole Slaw	Green Beans	A STATE OF THE STA	Mashed Potatoes	Raw Broccoli (A,C)
			Fig.		2.000 (5,0)
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Diced Pears	1	Green Peas	Tropical Fruit Cocktail
(Vegies can replace fruits) Bread/Alternate	Cornbread Muffin	WW Spaghetti Noodles	VETERANC	Healthy Life WW Bread	Sister Schubert's WW Roll
Other/Notes	Combred Mann	Parmesean Cheese	VETERANS	Turkey Gravy	Olster Gendbert's WW Roll
		*Serve as @Spaghetti	DAI	*Serve as Open Face Sandwich	Ranch
Week 3 of 5 Meal Pattern	Monday 11/16	Tuesday 11/17	Wednesday 11/18	Thursday 11/19	Friday 11/20
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Strawberry slices	Orange Wedges (C)	1/2 Banana General Mills Multi-Grain Cheerios	Blueberries	Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW
Bread/Alternate	WW Cream of Wheat	Healthy Life WW Toast	Cereal Control of the	WW Oatmeal	Biscuit Southern Style ****
Other/Notes		American Cheese			
Lunch	Lunch (Culture Food)	*Serve as Cheese Toast Lunch	Lunch	Lunch	Lunch
Milk 3/4 c		1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	(Pinto Beans)	Hamburger Steak	Los Cabos Sausage, Egg, & Cheese Burritto	@Tuna Salad	WW Tony's Smart Pizza Pepperoni and cheese CN Label
Mean Aitemate 1 1/2 02	(Finto Beans)	Tramburger Steak	Burnito	@Turia Salau	and theese on Laber
Vegetable 1/4 c (2oz)	(Corn & Red Peppers)	Mashed Potatoes	Baked Hashbrown	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz)	Diced Apricots	Green Peas (A & C)	Orange Wedges (C )	Romaine Lettuce/Spinach mix Tropical Fruit	Diced Peaches (C )
(Vegies can replace fruits)	Diced Apricots	Green reas (A & C)	Orange Wedges (C )	Tropicar Fruit	biced reacties (C)
D	O D 1 M		(D)(4)		
Bread/Alternate		Sister's Schubert's WW Roll	(Burritto wrap)	Healthy Life WW Bread	WW (Pizza crust)
Other/Notes	Serve as @ Pinto Bean Corn Soup		Ketchup, Salsa	_	WW (Pizza crust)
	Serve as @ Pinto Bean Corn Soup	Cooked Sweet Peppers & Onions	Ketchup, Salsa	*Serve as Sandwich	
Other/Notes  Week 4 of 5  Meal Pattern	Serve as @ Pinto Bean Corn Soup Native American Culture Monday 11/23	Cooked Sweet Peppers & Onions Tuesday 11/24	Ketchup, Salsa Wednesday 11/25	_	WW (Pizza crust)  Friday 11/27
Other/Notes  Week 4 of 5  Meal Pattern  Breakfast	Serve as @ Pinto Bean Corn Soup Native American Culture Monday 11/23 Breakfast	Cooked Sweet Peppers & Onions Tuesday 11/24 Breakfast	Ketchup, Salsa  Wednesday 11/25  Breakfast	*Serve as Sandwich	
Other/Notes  Week 4 of 5  Meal Pattern	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23 Breakfast 1% Milk	Cooked Sweet Peppers & Onions Tuesday 11/24	Ketchup, Salsa Wednesday 11/25	*Serve as Sandwich	
Other/Notes  Week 4 of 5  Meal Pattern  Breakfast Milk 3/4 c  Fruit/Vegetable/Juice 1/2 c  Bread/Alternate	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C )	Cooked Sweet Peppers & Onions Tuesday 11/24 Breakfast 1% Milk	Ketchup, Salsa  Wednesday 11/25  Breakfast 1% Milk	*Serve as Sandwich	
Other/Notes  Week 4 of 5  Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C )	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices	Ketchup, Salsa  Wednesday 11/25  Breakfast 1% Milk Diced Strawberries	*Serve as Sandwich	
Other/Notes  Week 4 of 5  Meal Pattern  Breakfast Milk 3/4 c  Fruit/Vegetable/Juice 1/2 c  Bread/Alternate	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C )	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices	Ketchup, Salsa  Wednesday 11/25  Breakfast 1% Milk Diced Strawberries	*Serve as Sandwich	
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	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23 Breakfast 1% Milk Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk	Wednesday 11/25  Breakfast 1% Milk Diced Strawberries Oatmeal  Lunch 1% Milk	*Serve as Sandwich Thursday 11/26	Friday 11/27
Other/Notes  Week 4 of 5  Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23 Breakfast 1% Milk Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1/% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch	Wednesday 11/25  Breakfast 1% Milk Diced Strawberries Oatmeal  Lunch	*Serve as Sandwich Thursday 11/26	Friday 11/27
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	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23 Breakfast 1% Milk Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk	Wednesday 11/25  Breakfast 1% Milk Diced Strawberries Oatmeal  Lunch 1% Milk	*Serve as Sandwich Thursday 11/26	Friday 11/27
Other/Notes  Week 4 of 5  Meal Pattern  Breakfast Milik 3/4 c  Fruit/Vegetable/Juice 1/2 c  Bread/Alternate Other/Notes  Lunch Milik 3/4 c  Meat/Alternate 1 1/2 oz  Vegetable 1/4 c (2oz)	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C ) WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)	Wednesday 11/25  Breakfast 1% Milk Diced Strawberries Oatmeal  Lunch 1% Milk Turkey w/ Gravy  Green Beans	*Serve as Sandwich Thursday 11/26	Friday 11/27
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 (2oz)	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C ) WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1/8 Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)	Ketchup, Salsa  Wednesday 11/25  Breakfast 1% Milk Diced Strawberries Oatmeal  Lunch 1% Milk Turkey w/ Gravy	*Serve as Sandwich Thursday 11/26	Friday 11/27
Other/Notes  Week 4 of 5  Meal Pattern  Breakfast Milik 3/4 c  Fruit/Vegetable/Juice 1/2 c  Bread/Alternate Other/Notes  Lunch Milik 3/4 c  Meat/Alternate 1 1/2 oz  Vegetable 1/4 c (2oz)	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)	Ketchup, Salsa  Wednesday 11/25  Breakfast 1% Milk Diced Strawberries Oatmeal  Lunch 1% Milk Turkey w/ Gravy  Green Beans  Sweet Potatoe Casserole  WW Roll	*Serve as Sandwich Thursday 11/26	
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 (2oz)  (Vegies can replace fruits) Bread/Alternate	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1/6 Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn	Ketchup, Salsa  Wednesday 11/25  Breakfast 1% Milk Diced Strawberries Oatmeal  Lunch 1% Milk Turkey w/ Gravy  Green Beans  Sweet Potatoe Casserole  WW Roll Dressing,Cranberry Sauce	*Serve as Sandwich Thursday 11/26	Friday 11/27
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 (2oz) (Vegies can replace fruits)	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1/6 Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn	Ketchup, Salsa  Wednesday 11/25  Breakfast 1% Milk Diced Strawberries Oatmeal  Lunch 1% Milk Turkey w/ Gravy  Green Beans  Sweet Potatoe Casserole  WW Roll	*Serve as Sandwich Thursday 11/26	Friday 11/27
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 (2oz)  Fruit 1/4 c (2oz)  Cyegies can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1/% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin	Ketchup, Salsa  Wednesday 11/25  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	*Serve as Sandwich Thursday 11/26	HAPP <b>Giving</b>
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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 (2oz)  Fruit 1/4 c (2oz)  Cyegies can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C ) WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo "Serve as Sandwich Monday 11/30  Breakfast	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1/% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin	Ketchup, Salsa  Wednesday 11/25  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	*Serve as Sandwich Thursday 11/26	HAPP <b>Giving</b>
Other/Notes  Week 4 of 5  Meal Pattern Breakfast Milik 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milik 3/4 c Meat/Alternate 1 1/2 oz  Vegetable 1/4 c (2oz)  Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern Breakfast	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 11% Milk Diced Peaches (C) WW Cream of Wheat  Lunch 11% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich  Monday 11/30  Breakfast 11% Milk	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast	Thursday 12/3 Breakfast	Friday 11/27  HAPP  Friday 12/4  Breakfast  1% Milk Cooked Apple Slices (C)
Other/Notes  Week 4 of 5  Meal Pattern Breakfast Mills 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Mills 3/4 c Meat/Alternate 1 1/2 oz  Vegetable 1/4 c (2oz)  Vegetable 1/4 c (2oz)  (Vegies can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5  Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C ) WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich  Monday 11/30  Breakfast 1% Milk Orange Wedges (C )	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1% Milk Applesauce (C) with Cinnamon	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk Banana	Thursday 12/3  Breakfast 1% Milk Strawberry slices	Friday 11/27  HAPP  Friday 12/4  Breakfast  1% Milk  Cooked Apple Slices (C)  Pillsbury Frozen Southern Style WW
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 (2oz)  Fruit 1/4 c (2oz)  Wegies can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5  Meal Pattern Breakfast Milk 3/4 c	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C ) WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich  Monday 11/30  Breakfast 1% Milk Orange Wedges (C )	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1% Milk	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk	Thursday 12/3  Breakfast 1% Milk	Friday 11/27  HAPP  Friday 12/4  Breakfast  1% Milk Cooked Apple Slices (C)
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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 (2oz)  Fruit 1/4 c (2oz)  (Vegles can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5  Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c  Bread/Alternate Other/Notes	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 11% Milk Diced Peaches (C) WW Cream of Wheat  Lunch 11% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich  Monday 11/30  Breakfast 11% Milk Orange Wedges (C)  Toasted English Muffin Jelly  Lunch	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1/6 Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1/6 Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1/6 Milk Applesauce (C) with Cinnamon  WW French Toast  Lunch	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk Banana  Kellogg Rice Krispies WW Cereal  Lunch	Thursday 11/26  Thursday 11/26  Thursday 12/3  Breakfast 1% Milk Strawberry slices  WW Cream of Wheat  Lunch (Culture Food)	Friday 11/27  HAPP  Friday 12/4  Breakfast  1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit  Lunch
Other/Notes  Week 4 of 5  Meal Pattern Breakfast Mills 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Mills 3/4 c Meat/Alternate 1 1/2 oz  Vegetable 1/4 c (2oz)  Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5  Meal Pattern Breakfast Mills 3/4 c Fruit/Vegetable/Juice 1/2 c  Bread/Alternate Other/Notes	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo "Serve as Sandwich  Monday 11/30  Breakfast 1% Milk Orange Wedges (C)  Toasted English Muffin Jelly  Lunch 1% Milk	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1% Milk Applesauce (C) with Cinnamon  WW French Toast	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk Banana  Kellogg Rice Krispies WW Cereal	Thursday 12/3  Breakfast 1% Milk Strawberry slices  WW Cream of Wheat	Friday 11/27  HAPP  Friday 12/4  Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Biscuit
Other/Notes  Week 4 of 5  Meal Pattern Breakfast Milik 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milik 3/4 c Meat/Alternate 1 1/2 oz  Vegetable 1/4 c (2oz)  Fruit 1/4 c (2oz)  Fruit 1/4 c (2oz)  (Vegles can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5  Meal Pattern Breakfast Milik 3/4 c Fruit/Vegetable/Juice 1/2 c  Bread/Alternate Other/Notes  Lunch Milik 3/4 c Meat/Alternate Milik 3/4 c Meat/Alternate Milik 3/4 c Meat/Alternate 1 1/2 oz	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich  Monday 11/30  Breakfast 1% Milk Orange Wedges (C)  Toasted English Muffin Jelly  Lunch 1% Milk Ground Beef Chili with Beans	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1% Milk Applesauce (C) with Cinnamon  WW French Toast  Lunch 1% Milk CN Label Hormel Turkey & Cheese	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk Banana  Kellogg Rice Krispies WW Cereal  Lunch 1% Milk Uncle Charlie's Porkloin Chop	Thursday 11/26  Thursday 11/26  Thursday 12/3  Breakfast 1% Milk Strawberry slices  WW Cream of Wheat  Lunch (Culture Food) 1% Milk Ground Beef Meatballs	Friday 11/27  Friday 12/4  Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit  Lunch 1% Milk Chef Boyardee Beef Ravioli CN label (Tomato sauce A & C)
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 (2oz)  (Vegies can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5  Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milk 3/4 c	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich  Monday 11/30  Breakfast 1% Milk Orange Wedges (C)  Toasted English Muffin Jelly  Lunch 1% Milk Ground Beef Chili with Beans	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1/8 Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1/8 Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1/8 Milk Applesauce (C) with Cinnamon  WW French Toast  Lunch 1/8 Milk CN Label Hormel Turkey & Cheese  Tomato Wedges (A,C)	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk Banana  Kellogg Rice Krispies WW Cereal  Lunch 1% Milk	Thursday 11/26  Thursday 11/26  Thursday 12/3  Breakfast 1% Milk Strawberry slices  WW Cream of Wheat  Lunch (Culture Food) 1% Milk	Friday 11/27  HAPP  Friday 12/4  Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Biscuit  Lunch 1% Milk Chef Boyardee Beef Ravloli CN label
Other/Notes  Week 4 of 5  Meal Pattern Breakfast Milik 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milik 3/4 c Meat/Alternate 1 1/2 oz  Vegetable 1/4 c (2oz)  Fruit 1/4 c (2oz)  Fruit 1/4 c (2oz)  (Vegles can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5  Meal Pattern Breakfast Milik 3/4 c Fruit/Vegetable/Juice 1/2 c  Bread/Alternate Other/Notes  Lunch Milik 3/4 c Meat/Alternate Milik 3/4 c Meat/Alternate Milik 3/4 c Meat/Alternate 1 1/2 oz	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat  Lunch 1% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich  Monday 11/30  Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly  Lunch 1/1% Milk Ground Beef Chili with Beans  (Tomatoes (A,C) and Beans in chili)	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1% Milk Applesauce (C) with Cinnamon  WW French Toast  Lunch 1% Milk CN Label Hormel Turkey & Cheese	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk Banana  Kellogg Rice Krispies WW Cereal  Lunch 1% Milk Uncle Charlie's Porkloin Chop	Thursday 11/26  Thursday 11/26  Thursday 12/3  Breakfast 1% Milk Strawberry slices  WW Cream of Wheat  Lunch (Culture Food) 1% Milk Ground Beef Meatballs	Friday 11/27  Friday 12/4  Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit  Lunch 1% Milk Chef Boyardee Beef Ravioli CN label (Tomato sauce A & C)
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 (2oz)  (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern 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 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)	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 11% Milk Diced Peaches (C) WW Cream of Wheat  Lunch 11% Milk Tyson WG Chicken Patty (I) Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich Monday 11/30  Breakfast 11% Milk Orange Wedges (C) Toasted English Muffin Jelly  Lunch 11% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1/8 Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1/8 Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1/8 Milk Applesauce (C) with Cinnamon  WW French Toast  Lunch 1/8 Milk CN Label Hormel Turkey & Cheese  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C)	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk Banana  Kellogg Rice Krispies WW Cereal  Lunch 1% Milk Uncle Charlie's Porkloin Chop  Lima Beans  Cooked Carrots	Thursday 11/26  Thursday 11/26  Thursday 12/3  Breakfast 1% Milk Strawberry slices  WW Cream of Wheat  Lunch (Culture Food) 1% Milk Ground Beef Meatballs  Green Peas  Diced Pears	Friday 11/27  Friday 12/4  Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Biscuit  Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans  Tropical Fruit Cocktail
Other/Notes  Week 4 of 5  Meal Pattern Breakfast Milik 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes  Lunch Milik 3/4 c Meat/Alternate 1 1/2 oz  Vegetable 1/4 c (2oz)  Fruit 1/4 c (2oz)  Fruit 1/4 c (2oz)  Week 5 of 5  Meal Pattern Breakfast Milk 3/4 c  Bread/Alternate Other/Notes  Under Vegetable 1/4 c (2oz)  Week 5 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)	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 11% Milk Diced Peaches (C) WW Cream of Wheat  Lunch 11% Milk Tyson WG Chicken Patty (I) Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich Monday 11/30  Breakfast 11% Milk Orange Wedges (C) Toasted English Muffin Jelly  Lunch 11% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1% Milk Applesauce (C) with Cinnamon  WW French Toast  Lunch 1% Milk CN Label Hormel Turkey & Cheese  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk Banana  Kellogg Rice Krispies WW Cereal  Lunch 1% Milk Uncle Charlie's Porkloin Chop  Lima Beans	Thursday 11/26  Thursday 11/26  Thursday 12/3  Breakfast 1% Milk Strawberry slices  WW Cream of Wheat  Lunch (Culture Food) 1% Milk Ground Beef Meatballs  Green Peas  Diced Pears  WW Egg Noodles	Friday 11/27  Friday 12/4  Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Biscuit  Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans
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 (2oz)  (Vegies can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5  Meal Pattern 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 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)	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 11% Milk Diced Peaches (C) WW Cream of Wheat  Lunch 11% Milk Tyson WG Chicken Patty (I) Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich Monday 11/30  Breakfast 11% Milk Orange Wedges (C) Toasted English Muffin Jelly  Lunch 11% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1/8 Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1/8 Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1/8 Milk Applesauce (C) with Cinnamon  WW French Toast  Lunch 1/8 Milk CN Label Hormel Turkey & Cheese  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C)	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk Banana  Kellogg Rice Krispies WW Cereal  Lunch 1% Milk Uncle Charlie's Porkloin Chop  Lima Beans  Cooked Carrots	Thursday 11/26  Thursday 11/26  Thursday 12/3  Breakfast 1% Milk Strawberry slices  WW Cream of Wheat  Lunch (Culture Food) 1% Milk Ground Beef Meatballs  Green Peas  Diced Pears	Friday 11/27  Friday 12/4  Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Biscuit  Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans  Tropical Fruit Cocktail
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 (2oz)  (Vegies can replace fruits) Bread/Alternate Other/Notes  Week 5 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 Other/Notes  Fruit 1/4 c (2oz)  Fruit 1/4 c (2oz)  Fruit/Vegetable/Juice 1/2 c  Fruit/Vegetable/Juice 1/2 c  Fruit/Vegetable/Juice 1/2 c  Fruit/Vegetable/Juice 1/2 oz  Fruit/Vegetable/Juice 1/2 oz  Fruit/Vegetable 1/4 c (2oz)  Fruit 1/4 c / 2 oz (2oz)  (Vegies can replace fruits) Bread/Alternate	Serve as @ Pinto Bean Corn Soup Native American Culture  Monday 11/23  Breakfast 11% Milk Diced Peaches (C) WW Cream of Wheat  Lunch 11% Milk Tyson WG Chicken Patty (I)  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Sandwich  Monday 11/30  Breakfast 11% Milk Orange Wedges (C) Toasted English Muffin Jelly  Lunch 11% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears  Zesta WW Crackers	Cooked Sweet Peppers & Onions Tuesday 11/24  Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies WW Cereal  Lunch 1% Milk Pinto Beans(I)  Turnip Greens (A,C)  Corn  Cornbread Muffin  Tuesday 12/1  Breakfast 1% Milk Applesauce (C) with Cinnamon  WW French Toast  Lunch 1% Milk CON Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun	Ketchup, Salsa  Wednesday 11/25  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  Wednesday 12/2  Breakfast 1% Milk Banana  Kellogg Rice Krispies WW Cereal  Lunch 1% Milk Uncle Charlie's Porkloin Chop  Lima Beans  Cooked Carrots	Thursday 11/26  Thursday 11/26  Thursday 12/3  Breakfast 1% Milk Strawberry slices  WW Cream of Wheat  Lunch (Culture Food) 1% Milk Ground Beef Meatballs  Green Peas  Diced Pears  WW Egg Noodles	Friday 11/27  Friday 12/4  Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Biscuit  Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans  Tropical Fruit Cocktail