

Week 1 of 5	Monday 11/2	Tuesday 11/3	Wednesday 11/4	Thursday 11/5	Friday 11/6
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	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate	WW Biscuits		WW General Mills Multi-Grain 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	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	@White Beans with Ham Chunks		Los Cabos Sausage, Egg, & Cheese Burrito	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)
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Tomato Wedges (A,C)		Orange Wedges (C)	Green Peas	Tropical Fruit Cocktail
Bread/Alternate	Cornbread Muffin		(Burrito wrap)	Healthy Life WW Bread	Sister Schubert's WW Roll
Other/Notes			Ketchup, Salsa	Turkey Gravy *Serve as Open Face Sandwich	Ranch
Week 2 of 5	Monday 11/9	Tuesday 11/10	Wednesday 11/11	Thursday 11/12	Friday 11/13
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	Tomato wedges (A,C)	Diced Strawberries & Blueberries		Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate	WW Biscuits	WW Oatmeal		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		1% Milk	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		Mashed Potatoes	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Tomato Wedges (A,C)	Diced Pears		Green Peas	Tropical Fruit Cocktail
Bread/Alternate	Cornbread Muffin	WW Spaghetti Noodles		Healthy Life WW Bread	Sister Schubert's WW Roll
Other/Notes		Parmesan Cheese *Serve as @Spaghetti		Turkey Gravy *Serve as Open Face Sandwich	Ranch
Week 3 of 5	Monday 11/16	Tuesday 11/17	Wednesday 11/18	Thursday 11/19	Friday 11/20
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	Blueberries	Cooked Apple Slices (C)
Bread/Alternate	WW Cream of Wheat	Healthy Life WW Toast	General Mills Multi-Grain Cheerios Cereal	WW Oatmeal	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes		American Cheese *Serve as Cheese Toast			
Lunch	Lunch (Culture Food)	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	(Pinto Beans)	Hamburger Steak	Los Cabos Sausage, Egg, & Cheese Burrito	@Tuna Salad	WW Tony's Smart Pizza Pepperoni and cheese CN Label
Vegetable 1/4 c (2oz)	(Corn & Red Peppers)	Mashed Potatoes	Baked Hashbrown	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Diced Apricots	Green Peas (A & C)	Orange Wedges (C)	Romaine Lettuce/Spinach mix	Diced Peaches (C)
Bread/Alternate	Corn Bread Muffin	Sister's Schubert's WW Roll	(Burrito wrap)	Healthy Life WW Bread	WW (Pizza crust)
Other/Notes	Serve as @ Pinto Bean Corn Soup Native American Culture	Cooked Sweet Peppers & Onions	Ketchup, Salsa	*Serve as Sandwich	
Week 4 of 5	Monday 11/23	Tuesday 11/24	Wednesday 11/25	Thursday 11/26	Friday 11/27
Meal Pattern	Monday 11/23	Tuesday 11/24	Wednesday 11/25	Thursday 11/26	Friday 11/27
Breakfast	Breakfast	Breakfast	Breakfast		
Milk 3/4 c	1% Milk	1% Milk	1% Milk		
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C)	Banana Slices	Diced Strawberries		
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies WW Cereal	Oatmeal		
Other/Notes					
Lunch	Lunch	Lunch	Lunch		
Milk 3/4 c	1% Milk	1% Milk	1% Milk		
Meat/Alternate 1 1/2 oz	Tyson WG Chicken Patty (I)	Pinto Beans(I)	Turkey w/ Gravy		
Vegetable 1/4 c (2oz)	Baked Curly Fries	Turnip Greens (A,C)	Green Beans		
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Tomato Wedges (A,C)	Corn	Sweet Potatoe Casserole		
Bread/Alternate	Romaine Lettuce/Spinach mix	Cornbread Muffin	WW Roll		
Other/Notes	Ultra WW Bun		Dressing,Cranberry Sauce		
	Ketchup, Mustard, Mayo		Pumpkin Pie w/ Whip topping		
	*Serve as Sandwich				
Week 5 of 5	Monday 11/30	Tuesday 12/1	Wednesday 12/2	Thursday 12/3	Friday 12/4
Meal Pattern	Monday 11/30	Tuesday 12/1	Wednesday 12/2	Thursday 12/3	Friday 12/4
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	Orange Wedges (C)	Applesauce (C) with Cinnamon	Banana	Strawberry slices	Cooked Apple Slices (C)
Bread/Alternate	Toasted English Muffin	WW French Toast	Kellogg Rice Krispies WW Cereal	WW Cream of Wheat	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes	Jelly				
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Ground Beef Chili with Beans	CN Label Hormel Turkey & Cheese	Uncle Charlie's Porkloin Chop	Ground Beef Meatballs	Chef Boyardee Beef Ravioli CN label
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C)	Lima Beans	Green Peas	(Tomato sauce A & C)
Fruit 1/4 c / 2 oz (2oz) (Veggies can replace fruits)	Diced Pears	Romaine Lettuce/Spinach mix	Cooked Carrots	Diced Pears	Green Beans
Bread/Alternate	Zesta WW Crackers	Pineapple Tidbits (C)	Sister Schubert's WW Roll	WW Egg Noodles	(Pasta)
Other/Notes	Ultra WW Bun			Serve as @Swedish Meatballs	
	Shredded Sharp Cheese	Ketchup, Mustard, Mayo			
	*Serve as @ Chili	*Serve as Hoagie			

