UCHRA Van Buren Head Start Menus 2021-2022 November 2021

Week 4 of 5		Novem	ber 2021		
Week 1of 5 Meal Pattern	Monday 11/1	Tuesday 11/2	Wednesday 11/3	Thursday 11/4	Friday 11/5
Breakfast Milk 3/4 c	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 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 Cereal	WW Cream of Wheat	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes	Jelly				
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c Meat/Alternate 1 1/2 oz	1% Milk Ground Beef Chili with Beans	1% Milk Natural Choice Turkey & Cheese	1% Milk Uncle Charlie's Porkloin Chop	1% Milk Ground Beef	1% Milk *American Cheese
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Lima Beans	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	@Vegetable Soup
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits)	Diced Pears	Pineapple Tidbits (C)	Beets	Avocado Slices	Pineapple Tidbits (C)
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Don Pancho WW Tortiallas Shell	Ultra WW Bread
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo		Shredded Sharp Cheese, Salsa	Zesta WW Crackers
	*Serve as @ Chili	*Serve as Hoagie		*Serve as Tortialla Pie	*Served as Hot Sandwich
Snack (2 of 4 components) Milk 1/2 c	Snack	Snack	Snack	Snack	Snack 1%Milk
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	Pineapple Tidbits (A,C)	Zesta WW Crackers	Tomato Juice	MM/ Caldfick Cychem syssicar
Bread/Alternate Meat/Alternate 1/2 oz	WW Animal Crackers	1/2 Pillsbury WW Bagel Cream Cheese	American Cheese Slices	MaxStix (Cheese & Bread)	WW Goldfish Graham crackers
Other/Notes	Water	Water	Water		
Week 2 of 5					
Meal Pattern Breakfast	Monday 11/8 Breakfast	Tuesday 11/9 Breakfast	Wednesday 11/10 Breakfast	Thursday 11/11	Friday 11/12 Breakfast
Milk 3/4 c	1% Milk	1% Milk Diand Strawbarrian & Blucharrian	1% Milk 1/2 Banana		1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries & Blueberries	General Mills Multi-Grain Cheerios		Orange Wedges (C)
Bread/Alternate Other/Notes	WW Biscuits Gravy	Oatmeal	Cereal		Toasted English Muffin Jelly
				and a second second	
Lunch Milk 3/4 c	Lunch 1% Milk	Lunch 1% Milk	Lunch 1% Milk		Lunch 1% Milk
Meat/Alternate 1 1/2 oz	Hormel Turkey	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burritto	and the second second second	@White Beans with Ham Chunks
				and states a superior line	
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	Thank Vou	@Cole Slaw
Fruit 1/4 c (2oz)	Green Peas	Diced Pears	Orange Wedges (C)	THAHA IVU	Tomato Wedges (A,C)
(Vegies can replace fruits) Bread/Alternate	Healthy Life WW Bread	WW Spaghetti Noodles	(Burritto wrap)	T	Cornbread Muffin
Other/Notes	Turkey Gravy *Serve as Open Face Sandwich-Let	Parmesean Cheese	Ketchup, Salsa	Vererans	
Snack (2 of 4 components)	child assemble	*Serve as @Spaghetti	Snack	10001 ullo	Snack
Snack (2 of 4 components) Milk 1/2 c	Snack	Snack	Snack 1%Milk	And a start of the start of the start of the	
Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Applesauce WW Goldfish Graham crackers	Tomato Juice	WW Animal Crackers		Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel
Meat/Alternate 1/2 oz		Monzerella Cheese Stick			Cream Cheese
Other/Notes	Water				Water
Week 3 of 5	Monday 11/15	Tuesday 11/16	Wednesday 11/17	Thursday 11/18	Friday 11/19
Meal Pattern Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	1% Milk Orange Wedges (C)	1% Milk	1% Milk Banana Slices	1% Milk Strewbarries Slices (C)	1% Milk Orange Wedges (C)
		Banana Slices General Mills Multi-Grain Cheerios	General Mills Multi-Grain Cheerios	Strawberries Slices (C)	
Bread/Alternate Other/Notes	Toasted English Muffin Jelly	Cereal	Cereal	Oatmeal	WW Healthy Life Toast American Cheese
Lunah		1	l unah	Lunch (Culture Food)	*Serve as Cheese Toast
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	Ground Beef Chili with Beans	Natural Choice Turkey & Cheese	WG Tony's Smart Pizza Pepporoni	(Pinto Beans)	Chef Boyardee Beef Ravioli CN
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Romaine Lettuce/Spinach mix,	Corn	(Corn & Red Peppers)	Green Beans
· · · · · · · · · · · · · · · · · · ·	(Ternatore (Fige) and Boarte in entry			(com a red reppers)	
		Tomato Wedges (A,C)	Tomato Wedges (A,C) in Tossed		(Tomato sauce A & C)
Fruit 1/4 c (2oz)	Diced Pears			Diced Apricots	(Tomato sauce A & C) Diced Pears
		Tomato Wedges (A,C)	Tomato Wedges (A,C) in Tossed salad :	Diced Apricots Corn Bread Muffin	
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Diced Pears	Tomato Wedges (A,C) Diced Peaches (Fruit cup)	Tomato Wedges (A,C) in Tossed salad : Shredded carrots & mixed greens	Diced Apricots	Diced Pears
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo	Tomato Wedges (A,C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture	Diced Pears Pasta in Ravioli
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate	Diced Pears Zesta WW Crackers Shredded Sharp Cheese	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie	Tomato Wedges (A,C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust)	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup	Diced Pears
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A)	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk	Tomato Wedges (A,C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture	Diced Pears Pasta in Ravioli Snack
Fruit 1/4 c (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	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack	Tomato Wedges (A,C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese	Diced Pears Pasta in Ravioli
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Fruit 1/4 c (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	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Miik WW Goldfish Graham crackers	Tomato Wedges (A,C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water	Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water
Fruit 1/4 c (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 4 of 5 Meal Pattern	Diced Pears Zesta WW Crackers Shredded Sharp Cheese "Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Monday 11/22	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk WW Goldfish Graham crackers Tuesday 11/23	Tomato Wedges (A,C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese	Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt
Fruit 1/4 c (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 Week 4 of 5	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Water Monday 11/22 Breakfast 1% Milk	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Miik WW Goldfish Graham crackers	Tomato Wedges (A,C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water	Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water
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Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit 1/4 c (2oz) Week 4 of 5 Meal Pattern Break/Alternate Milk 3/4 c Fruit 1/2 vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1 1/2 oz Vegetable 1 1/2 oz Vegetable 1 1/2 c Fruit 1/4 c (2oz) (Vegies can replace fruits)	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Monday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk WW Goldfish Graham crackers Tuesday 11/23 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole	Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25	Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26
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Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit 1/4 c (2oz) Week 4 of 5 Meal Pattern Break/Alternate Milk 3/4 c Fruit 1/2 vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1 1/2 oz Vegetable 1 1/2 oz Vegetable 1 1/2 c Fruit 1/4 c (2oz) (Vegies can replace fruits)	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Monday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk WW Goldfish Graham crackers Tuesday 11/23 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll	Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25	Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26
Fruit 1/4 c (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 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 Lunch Milk 3/4 c Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit/Notes Dther/Notes Dther/Notes Dther/Notes Dther/Notes C Snack (2 of 4 components)	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Monday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun "Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk WW Goldfish Graham crackers Tuesday 11/23 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce	Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25	Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26
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Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn</td> <td>Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Smark 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24 Wednesday 11/24 Wednesday 12/1 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll</td> <td>Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25 Water Thursday 11/25 Thursday 12/2 Thursday 12/2 Thur</td> <td>Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26 Friday 11/26 Friday 12/3 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C)</td>	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as 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1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping Snack Applesauce WW Goldfish Graham crackers Water Tuesday 11/30 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn	Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Smark 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24 Wednesday 11/24 Wednesday 12/1 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25 Water Thursday 11/25 Thursday 12/2 Thursday 12/2 Thur	Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26 Friday 11/26 Friday 12/3 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C)
Fruit 1/4 c (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 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 Breakfast Milk 3/4 c Vegetable 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit 1/4 c (2oz) Week 5of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Monday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) WW Pilsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo *Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water *Served as Cheese Toast Monday 11/29 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	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun "Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk WW Goldfish Graham crackers Tuesday 11/23 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping Snack Applesauce WW Goldfish Graham crackers Water Tuesday 11/30 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn	Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24 Wednesday 11/24 Wednesday 12/1 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C)	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25 Thursday 11/25 Thursday 11/25 Thursday 12/2 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Green Peas Diced Pears WW Egg Noodles	Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26 Friday 11/26 Friday 12/3 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C)
Fruit 1/4 c (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 4 of 5 Meal Pattern Bread/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) (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 Week 5of 5 Meal Pattern Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c <td>Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Monday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo *Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water *Served as Cheese Toast Monday 11/29 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 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 Snack</td> <td>Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun "Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk WW Goldfish Graham crackers Tuesday 11/23 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping Snack Applesauce WW Goldfish Graham crackers Water Tuesday 11/30 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn</td> <td>Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Smark 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24 Wednesday 11/24 Wednesday 12/1 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll</td> <td>Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25 Thursday 11/25 Thursday 11/25 Thursday 12/2 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Green Peas Diced Pears WW Egg Noodles</td> <td>Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26 Friday 11/26 Friday 12/3 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C)</td>	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Monday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo *Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water *Served as Cheese Toast Monday 11/29 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 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 Snack	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun "Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk WW Goldfish Graham crackers Tuesday 11/23 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping Snack Applesauce WW Goldfish Graham crackers Water Tuesday 11/30 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn	Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Smark 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24 Wednesday 11/24 Wednesday 12/1 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25 Thursday 11/25 Thursday 11/25 Thursday 12/2 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Green Peas Diced Pears WW Egg Noodles	Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26 Friday 11/26 Friday 12/3 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C)
Fruit 1/4 c (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 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 Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Breakfast Milk 3/4 c Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable/Juice 1/2 oz Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Milk 1/2 c Fruit/Vegetable/Juice 1/2 cz Other/Notes Week 5of 5 Meal Pattern Breadfast Milk 3/4 c Heat/Alternate Other/Notes	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Monday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo *Serve as Cheese Toast Monday 11/29 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WB Un Ketchup, Mustard, Mayo *Serve as Sandwich	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Uitra WW Bun "Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk WW Goldfish Graham crackers Tuesday 11/23 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping Snack Applesauce WW Goldfish Graham crackers Water Tuesday 11/30 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffin	Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Smark 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24 Wednesday 11/24 Wednesday 12/1 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25 Thursday 11/25 Thursday 11/25 Thursday 11/25 Thursday 12/2 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Meatballs Green Peas Diced Pears WW Egg Noodles Serve as @Swedish Meatballs	Diced Pears Pasta in Ravioli Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26 Friday 11/26 Friday 12/3 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust)
Fruit 1/4 c (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 4 of 5 Meal Pattern Bread/Alternate Dereakfast 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) (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 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Note	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Monday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo *Serve as Cheese Toast Monday 11/29 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Spinach mix UH Utra Bun Ketchup, Mustard, Mayo *Serve as Sandwich Snack	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun "Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk WW Goldfish Graham crackers " Tuesday 11/23 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping Snack Applesauce WW Goldfish Graham crackers Water Tuesday 11/30 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffin Sanck Zesta WW Crackers	Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24 Wednesday 11/24 Wednesday 12/1 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25 Thursday 11/25 Thursday 11/25 Thursday 12/2 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Meatballs Green Peas Diced Pears WW Egg Noodles Serve as @Swedish Meatballs Snack WW Animal Crackers	Diced Pears Pasta in Ravioli Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26 Friday 11/26 Friday 12/3 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack
Fruit 1/4 c (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegletable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meat Pattern Breakfast Milk 3/4 c Fruit/Vegletable/Juice 1/2 c Breakfast Milk 3/4 c Fruit/Vegletable/Juice 1/2 c Breakfast Milk 3/4 c Milk 3/4 c Yegletable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegletable/Juice 1/2 c Bread/Alternate Milk 3/4 c Bread/Alternate Week 5of 5 Meal Pattern Bread/Alternate Milk 3/4 c Fruit/Vegletable/Juice 1/2 c Bread/Alternate Other/Notes Unch	Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili Snack Diced Apricots (A) WW Animal Crackers Water Monday 11/22 Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo *Serve as Cheese Toast Monday 11/29 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Peaches (C) WW Cream of Wheat Cunch 1% Milk Diced Spinach mix UH Utra Bun Ketchup, Mustard, Mayo *Serve as Sandwich Snack	Tomato Wedges (A,C) Diced Peaches (Fruit cup) Uitra WW Bun "Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk WW Goldfish Graham crackers Tuesday 11/23 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Turkey w/ Gravy Green Beans Sweet Potatoe Casserole WW Roll Dressing,Cranberry Sauce Pumpkin Pie w/ Whip topping Snack Applesauce WW Goldfish Graham crackers Water Tuesday 11/30 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffin	Tomato Wedges (A, C) in Tossed salad : Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 11/24 Wednesday 11/24 Wednesday 11/24 Wednesday 12/1 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C)	Diced Apricots Corn Bread Muffin Serve as @ Pinto Bean Corn Soup Native American Culture Snack Diced Pears Shredded Sharp Cheese Water Thursday 11/25 Thursday 11/25 Thursday 11/25 Thursday 11/25 Thursday 12/2 Breakfast 1% Mik Blueberries Oatmeal Lunch (Culture Food) 1% Mik Ground Beef Meatballs Green Peas Diced Pears WW Egg Noodles Serve as @Swedish Meatballs Snack	Diced Pears Pasta in Ravioli Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 11/26 Friday 11/26 Friday 12/3 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce

Ger Recipe in recipe book
 WW=Whole Wheat or Whole Grain
 (I)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label
Substitutions will be made in accordance with individually identified needs.