

NOVEMBER WEEK 1						
Meal Pattern	Monday 10/31	Tuesday 11/1	Wednesday 11/2	Thursday 11/3	Friday 11/4	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c	Banana Slices (B6,C)	Applesauce (C)	Tomato Wedges (A, C)	Orange Wedges (C)	Diced Peaches (C)	
Grain/Alternate/Meat Alternative	Cheerios Cereal (WGR)	French Toast Sticks	Pillsbury Frozen SS Basicuts (WGR)	Toasted English Muffin	Oatmeal (WGR)	
Other/Notes		Syrup	Gravy	Jelly		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk	1% Milk (D)	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz eq	Tony's Smart Pizza Pepperoni and cheese (CN Label)	Chicken Tenders (WGR) (I)	(Pinto Beans)	@White Beans with Ham Chunks (I, P)	@Ground Beef Meat Sauce	
Vegetable 1/4 c (2oz)	Green Beans (A,C,K)	Corn (A,C)	(Corn & Red Peppers)	@Cole Slaw	Green Beans	
Fruit 1/4 c (2oz)	Pineapple Tidbits (C)	Pineapple Tidbits (C)	Diced Apricots	Tomato Wedges (A,C)	WW Spaghetti Noodles	
Grain/Alternate 1/2 oz eq	(Pizza Crust) WGR	SS Roll (WW)	Serve as @ Pinto Bean Corn Soup Native American Culture	Cornbread Muffin (WGR)	Diced Pears	
Other/Notes		Ketchup			Parmesan Cheese	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack	
Milk/Fluid 1/2 c		1% Milk (D)			1% Milk (D)	
Fruit/Vegetable 1/2 c	Appricots (C)		Tomato Juice (C)	Pineapple Tidbits (A,C)		
Grain/Alternate 1/2 oz eq	WW Goldfish Graham crackers	Blueberry Muffin (WGR)	MaxStix (Cheese & Bread) (WGR)	1/2 Pillsbury Bagel (WW)	Kellogg Rice Krispies Cereal (WGR)	
Meat/Alternate 1/2 oz						
Other/Notes	Water	Water	Water	Water	Water	
NOVEMBER WEEK 2						
Meal Pattern	Monday 11/7	Tuesday 11/8	Wednesday 11/9	Thursday 11/10	Friday 11/11	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)		
Fruit/Vegetable/Both 1/2 c	Banana Slices (B6,C)	Diced Peaches (C)	Cooked Apple Slices (C)	Strawberries Slices (C)		
Grain/Alternate/Meat Alternative 1/2 oz eq	Cheerios Cereal (WGR)	Oatmeal (WGR)	Pillsbury Frozen SS Basicuts (WGR)	French Toast Sticks		
Other/Notes				Syrup		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk		
Meat/Alternate 1 1/2 oz eq	Tony's Smart Pizza Pepperoni and cheese (CN Label)	Chef Boyardee Beef Ravioli (CN)	Chicken Tenders (WGR) (I)	@Ground Beef Chili with Beans (P) (I)		
Vegetable 1/4 c	Green Beans (A,C,K)	Green Beans (A,C,K)	Corn (A,C)	(Tomatoes (A,C)		
Fruit 1/4 c	Pineapple Tidbits (C)	(Tomato sauce A,C)		Beans in Chili (I)		
Grain/Alternate 1/2 oz eq	(Pizza Crust) WGR	Mixed Fruit (C)	Pineapple Tidbits (C)	Diced Apricots (A)		
Other/Notes		Pasta in Ravioli (WGR)	SS Roll (WW)	Zesta Crackers (WW)		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack	
Milk/Fluid 1/2 c		1% Milk (D)		1% Milk (D)		
Fruit/Vegetable 1/2 c	Tomato Sauce (C)		Applesauce			
Grain/Alternate 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	Blueberry Muffin (WGR)	Goldfish Graham Crackers (WGR)			
Meat/Alternate 1/2 oz				Cheerios Cereal (WGR)		
Other/Notes	Water	Water	Water	Water		
NOVEMBER WEEK 3						
Meal Pattern	Monday 11/14	Tuesday 11/15	Wednesday 11/16	Thursday 11/17	Friday 11/18	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Fruit/Vegetable/Both 1/2 c	Banana Slices (B6,C)	Applesauce	Diced Peaches (C)	Applesauce	Diced Peaches (C)	
Grain/Alternate/Meat Alternative 1/2 oz eq	Cheerios Cereal (WGR)	French Toast Sticks	Oatmeal (WGR)	French Toast Sticks	Cream of Wheat (WGR)	
Other/Notes		Syrup		Syrup		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)	1% Milk (D)
Meat/Alternate 1 1/2 oz eq	Pinto Beans(I)	@Tuna Salad	Tony's Smart Pizza Pepperoni and cheese (CN Label)	@White Beans with Ham Chunks (I, P)	Tyson WG Chicken Patty (I)	
Vegetable 1/4 c	Turnip Greens (A,C)	Tomato Wedges (A,C)	Green Beans (A,C,K)	@Cole Slaw	Lima Beans (A,K)	
Fruit 1/4 c	Corn (E,K)	Romaine Lettuce/Spinach mix				
Grain/Alternate 1/2 oz eq	Cornbread Muffin (WGR)	Tropical Fruit (C)	(Pizza Crust) WGR	Tomato Wedges (A,C)	Corn (E,K)	
Other/Notes		Wheat Bread (WW)		Cornbread Muffin (WGR)	SS Roll (WW)	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack	
Milk/Fluid 1/2 c	1% Milk (D)					
Fruit/Vegetable 1/2 c		Tomato Sauce (C)	Pineapple Tidbits (A,C)		Applesauce (C)	
Grain/Alternate 1/2 oz eq	Smart Choice Blueberry Muffin (WW)	MaxStix (Cheese & Bread) (WGR)	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WW)	Animal Crackers (WGR)	Goldfish Graham Crackers (WGR)	
Meat/Alternate 1/2 oz				Yogurt (B12, C)		
Other/Notes	Water	Water	Water	Water	Water	
NOVEMBER WEEK 4						
Meal Pattern	Monday 11/21	Tuesday 11/22	Wednesday 11/23	Thursday 11/24	Friday 11/25	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)				
Fruit/Vegetable/Both 1/2 c	Banana Slices (B6,C)	Applesauce with Cinnamon (C)				
Grain/Alternate/Meat Alternative 1/2 oz eq	Cheerios Cereal (WGR)	French Toast Sticks				
Other/Notes		Syrup				
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)				
Meat/Alternate 1 1/2 oz eq	Chef Boyardee Beef Ravioli (CN)	Turkey w/Gravy				
Vegetable 1/4 c	Green Beans (A,C,K)	Green Beans (A,C,K)				
Fruit 1/4 c	(Tomato sauce A,C)	Mashed Potatoes				
Grain/Alternate 1/2 oz eq	SS Roll (WW)	SS Roll (WW)				
Other/Notes		Dressing,Cranberry Sauce				
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack	
Milk/Fluid 1/2 c		1% Milk (D)				
Fruit/Vegetable 1/2 c	Pineapple Tidbits (A,C)					
Grain 1/2 oz eq	1/2 Pillsbury Bagel (WW)	Blueberry Muffin (WGR)				
Meat/Alternate 1/2 oz						
Other/Notes	Water	Water				
NOVEMBER WEEK 5						
Meal Pattern	Monday 11/28	Tuesday 11/29	Wednesday 11/30	Thursday	Friday	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk (D)	1% Milk (D)			
Fruit/Vegetable/Both 1/2 c	Orange Wedges (C)	Diced Peaches (C)	Applesauce (C)			
Grain/Alternate/Meat Alternative 1/2 oz eq	Toasted English Muffin (WW)	Cream of Wheat (WGR)	French Toast Sticks			
Other/Notes	Jelly		Syrup			
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D)	1% Milk	1% Milk (D)			
Meat/Alternate 1 1/2 oz eq	Tony's Smart Pizza Pepperoni and cheese (CN Label)	(Pinto Beans)	High Liner Breaded Fish Fillet (WGR) (I)			
Vegetable 1/4 c	Green Beans (A,C,K)	(Corn & Red Peppers)	Raw Broccoli (A,C)			
Fruit 1/4 c	Pineapple Tidbits (C)	@ Cole Slaw				
Grain/Alternate 1/2 oz eq	(Pizza Crust) WGR	Diced Apricots	Hushupple (WGR)			
Other/Notes		Corn Bread Muffin	Ranch, Ketchup			
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack	
Milk/Fluid 1/2 c	1% Milk (D)		1% Milk (D)			
Fruit/Vegetable 1/2 c		Diced Pears				
Grain 1/2 oz eq	Kellogg Rice Krispies Cereal (WW)		Blueberry Muffin (WGR)			
Meat/Alternate 1/2 oz		Shredded Sharp Cheese				
Other/Notes	Water	Water	Water			

@= 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 Labs WGR= Whole Grain Rich Substitutions will be made in accordance with individually identified needs. NO SCHOOL * Indicates CULTURE FOOD