

Week one Oct. 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Oatmeal	Waffles	Cereal	Cereal	Blueberry Bread
	Raisins	Applesauce	Blueberries - FF, GF	Grapes	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Lunch</u> <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Beef Rice Casserole	Cheesy Broccoli Soup	Turkey	Keilbasa	Italian Pepperoni Salad
	(Rice)	Saltines	Stuffing	Cornbread	Rotini Pasta
	Pineapple	Apples	Pears	Bananas	Peaches
	Peas	(Broccoli)	Mashed Potatoes	Baked Beans	Corn
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Snack</u> <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Animal Crackers	Cinnamon Pretzels	Milk	Tortilla Chips	Oyster Crackers
	Pears		Granola Bars	Salsa	
		Juice			Raisins

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.
 Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

Week Two Oct. 18-22	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Sausage Gravy over Toast	Egg Bake	Oatmeal Bars	Yogurt	Sausage
	Pears	Mand. Oranges	Apples	Strawberries	Hasbrowns
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Lunch</u> <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Beef Tacos (Tortilla Shell)	Tuna Noodle Casserole (Egg Noodles)	Beef Meatloaf Buttered Bread	Pepperoni Rice-A-Roni	Ham and Cheese Roll Up (Tortilla Shell)
	Oranges	Mixed Fruit	Pineapple	Applesauce	Grapes
	Carrot sticks	Peas	Mashed Potatoes	Green Beans	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Snack</u> <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Goldfish	Chex Mix		1 % Milk Rice Krispy bars	Ritz Crackers
	Craisins	Juice	Peaches		Pepperoni
			Cottage Cheese		

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Week Three Oct. 25-29	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	<p>Toast w/ Jelly</p> <p>Applesauce</p> <p>1 % Milk</p>	<p>Scrambled Eggs</p> <p>Mand. Oranges</p> <p>1 % Milk</p>	<p>Coffee Cake</p> <p>Grapes</p> <p>1 % Milk</p>	<p>Yogurt</p> <p>Blueberries</p> <p>1 % Milk</p>	<p>Bagels w/ Cream Cheese</p> <p>Craisins</p> <p>1 % Milk</p>
<p><u>Lunch</u> <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	<p>Chicken Alfredo over Noodles (Egg Noodles)</p> <p>Peaches</p> <p>Broccoli</p> <p>1 % Milk</p>	<p>Cheese Pizza (Pizza Crust)</p> <p>Apples</p> <p>Carrots</p> <p>1 % Milk</p>	<p>Hawaiian Ham Salad</p> <p>Macaroni Noodles</p> <p>Pineapples</p> <p>Peas</p> <p>1 % Milk</p>	<p>Beef Goulash</p> <p>Macaroni Noodles</p> <p>Pears</p> <p>Corn</p> <p>1 % Milk</p>	<p>BBQ Chicken Rollup (Tortilla Shell)</p> <p>Oranges</p> <p>Green Beans</p> <p>1 % Milk</p>
<p><u>Snack</u> <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit / Juice • Meat or meat alternate 	<p>Cinnamon Pita Bread</p> <p>Raisins</p>	<p>Tortilla chips</p> <p>Cheese sauce</p>	<p>Goldfish</p> <p>Carrots sticks w/ ranch</p>	<p>Oyster Crackers</p> <p>Cucumbers w/ranch</p>	<p>Pretzels</p> <p>String cheese</p>

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Week four Nov. 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • <i>Grain/Meat or meat Alternate</i> • <i>Fruit or vegetable</i> • <i>Milk</i> 	Graham Crackers	Cereal	French toast sticks	English Muffins	Cereal
	Apples	Pears	Peaches	Raisins	Strawberries
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Lunch</u> <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • <i>Meat or meat alternate</i> • <i>Grain</i> • <i>Fruit or vegetable</i> • <i>Vegetable</i> • <i>Milk</i> 	Ham/Cheese Rollups	Beef Stroganoff	Chicken Noodle Soup	Spinach and Cheese Lasagna	Fish Sticks
	Tortilla Shells	(Egg noodles)	Oyster Crackers	(Lasagna Noodles)	Tator tots
	Cucumbers	Peas	Apples	Mixed Fruit	Grapes
	Pineapple	Applesauce	Carrots	(Spinach) Corn	Green beans
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Snack</u> <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • <i>Milk</i> • <i>Grain</i> • <i>Vegetable</i> • <i>Fruit /Juice</i> • <i>Meat or meat alternate</i> 	Veggie Straws	Grahams	1% Milk	Ritz Crackers	Trail Mix
	Craisins	Yogurt	Brownies	Summer Sausage	Fruit Juice

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Week five Nov.8 - 12	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Cereal	Bagels w/ Cream Cheese	Banana Bread	Cinnamon Toast	Yogurt
	Bananas	Pears	Craisins	Applesauce	Strawberries
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Chicken Salad Sandwich (Bun)	Beef Chili w/ Noodles (Macaroni) / Cornbread	Meatballs and gravy over noodles (Egg Noodles)	Salisbury Steak Mashed Potatoes	Turkey/Cheese Rollup (Tortilla Shell)
	Apples	Mand. Oranges	peaches	Applesauce	Grapes
	Carrot Sticks w/ ranch	(Chili Beans)	Peas	Corn	Oranges
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Pretzels	Oyster Crackers	Tortilla Chips Salsa	1% Milk Brownies	Graham Crackers Craisins
	Raisins	Cheese Cubes			

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Week six Nov. 15-19	Monday	Tuesday	Wednesday	Thursday	Friday	
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Egg Bake	Sausage Gravy over Toast	Waffles	Cinnamon toast	Yogurt	
	Peaches	Pineapples	Bananas	Applesauce	Strawberries	
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Tuna Sandwich	Beef and Cheese Pizza Cassrole	Chicken Pot Pie	Thanksgiving Lunch	Beef and Cheese Nachos	
	(Bread)	(Egg Noodles)	(Pie Breading) Oyster crackers		Turkey	(Tortilla Chips)
	Grapes	Pears	Mixed Fruit		Stuffing	Apples
	Pickles	Green Beans	Peas and Carrots		Mashed Potatoes	Mixed Vegetables
	1 % Milk	1 % Milk	1 % Milk		Green Beans	1 % Milk
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Trail Mix	Cheerios		Cinnamon Pretzels	Granola Bars	
	Raisins			Juice	Craisins	
		Applesauce	Blueberries			
			Yogurt			

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Week seven Nov. 22 - 26	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • <i>Grain/Meat or meat Alternate</i> • <i>Fruit or vegetable</i> • <i>Milk</i> 	Bagels w/ Cream Cheese Mand. Oranges 1 % Milk	Coffee Cake Raisins 1 % Milk	Sausage and Gravy over toast Peaches 1 % Milk	Center Closed Happy Thanksgiving	Center Closed Happy Thanksgiving
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • <i>Meat or meat alternate</i> • <i>Grain</i> • <i>Fruit or vegetable</i> • <i>Vegetable</i> • <i>Milk</i> 	Turkey/Cheese Quesdilla (Tortilla Shell) Grapes Pickles 1 % Milk	Beef Shepards Pie Mashed Potatoes Pears Green Beans 1 % Milk	Chicken Enchilla bake (Tortilla Shells) Mand. Oranges Corn 1 % Milk	Center Closed Happy Thanksgiving	Center Closed Happy Thanksgiving
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • <i>Milk</i> • <i>Grain</i> • <i>Vegetable</i> • <i>Fruit /Juice</i> • <i>Meat or meat alternate</i> 	Animal Crackers Applesauce	Pretzels Cheese Sauce	Ritz Pepperoni	Center Closed Happy Thanksgiving	Center Closed Happy Thanksgiving Summer Sausage

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Week Eight Nov. 30 - Dec.3	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Yogurt Blueberries 1 % Milk	Graham Crackers Applesauce 1 % Milk	Scrambled Eggs Pears 1 % Milk	Applesauce Bars Craisins 1 % Milk	Sausage Hashbrowns 1 % Milk
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Beef Taco and Rice Bake (Rice) Mandarin Oranges Green Beans 1 % Milk	Chicken Parmesean over Noodles (Spagetti Noodles) Peaches Peas 1 % Milk	Beef and Potato Stew (Potatoes) Oyster Crackers Mixed Fruit Carrots 1 % Milk	Cheese Quesdilla (Tortilla Shell) Pineapple Corn 1 % Milk	Chicken/Bacon Roll ups (Tortilla Shell) Apples Carrot Sticks w/ Ranch 1 % Milk
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Chex Mix Grapes	Saltines Cheese Slices	Peaches Cottage Cheese	1% Milk Cookie Bars	Nilla Wafers Bananas

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Week Nine Dec. 6 - 10	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • <i>Grain/Meat or meat Alternate</i> • <i>Fruit or vegetable</i> • <i>Milk</i> 	<p>Bagels w/Cream Cheese</p> <p>Grapes</p> <p>1 % Milk</p>	<p>Toast w/ Jelly</p> <p>Peaches</p> <p>1 % Milk</p>	<p>Cereal</p> <p>Craisins</p> <p>1 % Milk</p>	<p>French Toast Sticks</p> <p>Applesauce</p> <p>1 % Milk</p>	<p>Graham Crackers</p> <p>Mixed Fruit</p> <p>1 % Milk</p>
<p><u>Lunch</u> <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • <i>Meat or meat alternate</i> • <i>Grain</i> • <i>Fruit or vegetable</i> • <i>Vegetable</i> • <i>Milk</i> 	<p>Macaroni and Cheese (Macaroni Noodles)</p> <p>Applesauce</p> <p>Corn</p> <p>1 % Milk</p>	<p>Beef Tatortot casserole (Tator Tots)</p> <p>Applesauce</p> <p>Green Beans</p> <p>1 % Milk</p>	<p>Cheese/Pepperoni Quesdilla (Tortilla Shell)</p> <p>Oranges</p> <p>Cucumbers</p> <p>1 % Milk</p>	<p>Chicken Stir Fry (Rice) & Roll</p> <p>Pears</p> <p>Stir Fry vegetables</p> <p>1 % Milk</p>	<p>Tuna melts (Bread)</p> <p>Carrots w/ ranch</p> <p>Raisins</p> <p>1 % Milk</p>
<p><u>Snack</u> <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • <i>Milk</i> • <i>Grain</i> • <i>Vegetable</i> • <i>Fruit /Juice</i> • <i>Meat or meat alternate</i> 	<p>Oyster Crackers</p> <p>String Cheese</p>	<p>Grahams Crackes</p> <p>Yogurt</p>	<p>Tortilla Chips</p> <p>Cheese Sauce</p>	<p>Nutragrain bars</p> <p>Apples</p>	<p>Ritz Crackers</p> <p>Summer Sausage</p>

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Week Ten Dec. 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	English Muffins	Pumpkin Bread	Scrambled Eggs	Oatmeal	Sausage
	Pineapples	Raisins	Bananas	Pears	Apples
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Lunch</u> <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Chicken Tenders	Turkey and Rice Casserole	Ham and Potato Soup	Cheese Ravioli	Salami Sandwich
	French Fries	(Rice)	Oyster Crackers	(Ravioli Pasta)	(Bread)
	Mixed Fruit	Mand. Oranges	Grapes	Peaches - GF	Craisins
	Baked Beans	Broccoli	(Potatoes)	Carrots	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><u>Snack</u> <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Rice Krispie Cereal	Veggie Straws	Animal Crackers	Ranch Oyster Crackers	1% Milk Oatmeal Bars
	Yogurt	Cheese Cubes	Apples	Cucumbers	

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Week Eleven Dec. 20 - 24	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • <i>Grain/Meat or meat Alternate</i> • <i>Fruit or vegetable</i> • <i>Milk</i> 	Graham Crackers	Waffles	Egg Bake	Bagels w/ Cream Cheese	Center Closed
	Grapes	Applesauce	Peaches	Grapes	Merry Christmas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • <i>Meat or meat alternate</i> • <i>Grain</i> • <i>Fruit or vegetable</i> • <i>Vegetable</i> • <i>Milk</i> 	Tuna Sandwich	Beef Spanish Rice	Turkey Noodle Casserole	Beef Sloppy Joes	Center Closed
	(Bread)	(Rice)	(Egg Noodles)	(Bun)	Merry Christmas
	Cucumbers	Grapes	Pears	Mixed Fruit	
	Apples	Carrots	Green Beans	Corn	
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • <i>Milk</i> • <i>Grain</i> • <i>Vegetable</i> • <i>Fruit / Juice</i> • <i>Meat or meat alternate</i> 		Ritz Crackers		Animal Crackers	Center Closed
	Peaches		Craisins	Yogurt	Merry Christmas
	Cottage Cheese	Pepperoni	String Cheese		

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Week Twelve Dec. 27 - 31	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Cereal	Banana Bread	Sausage Gravy over Toast	Cinnamon Toast	Center Closed
	Grapes	Blueberries	Pears	Mixed Fruit	Happy New Year
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Beef Cheeseburger pie (Pot Pie Breading) Bread/Butter	Grilled Cheese Sandwich (Bread)	Turkey/Cheese Rollup (Tortilla)	Beef Spaghetti (Spaghetti Noodles)	Center Closed
	Pineapple	Peaches	Apples	Mandarin Oranges	Happy New Year
	Peas	Tomato Soup	Pickles	Corn	
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Saltines	Veggie Straws Carrot Sticks w/ ranch	Rice Krispy Bars	Pretzels	Center Closed
	Cheese Slices		1 % Milk	Cheese Sauce	Happy New Year

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Meat alternates include items such as eggs, cheese, and yogurt.