

Week Eight -- Oct. 31-Nov. 4	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast <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>Waffles</p> <p>Blueberries</p> <p>1 % Milk</p>	<p>Sausage</p> <p>Hashbrowns</p> <p>1 % Milk</p>	<p>Cereal</p> <p>Apples</p> <p>1 % Milk</p>	<p>English Muffins</p> <p>Craisins</p> <p>1 % Milk</p>	<p>Graham Crackers</p> <p>Applesauce</p> <p>1 % Milk</p>
<p>Lunch <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>Beef Taco and Rice Bake (Rice)</p> <p>Mandarin Oranges</p> <p>Green Beans</p> <p>1 % Milk</p>	<p>Chicken Parmesean over Noodles (Spagetti Noodles)</p> <p>Peaches</p> <p>Broccoli</p> <p>1 % Milk</p>	<p>Beef and Potato Stew (Potatoes) Oyster Crackers</p> <p>Mixed Fruit</p> <p>Carrots</p> <p>1 % Milk</p>	<p>Cheese Quesdilla (Tortilla Shell)</p> <p>Pineapple</p> <p>Mix Veggies</p> <p>1 % Milk</p>	<p>Chicken/Bacon Roll ups (Tortilla Shell)</p> <p>Apples</p> <p>Carrot Sticks w/ Ranch</p> <p>1 % Milk</p>
<p>Snack <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>Halloween</p> <p>Party Snacks</p>	<p>Saltines</p> <p>Cheese</p>	<p>1% Milk</p> <p>Granola Bars</p>	<p>Pretzels</p> <p>Juice</p>	<p>Nilla Wafers</p> <p>Raisins</p>

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 Nine Nov. 7-11	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> 	Cereal	Toast w/ Jelly	Bagels w/Cream Cheese	French Toast Sticks	Graham Crackers
	Craisins	Peaches	Grapes	Applesauce	Mixed Fruit
	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> 	Macaroni and Cheese (Macaroni Noodles)	Beef Tatortot casserole (Tator Tots)	Tuna melts (Bread)	Chicken Stir Fry (Rice)	Cheese/Pepperoni Quesdilla (Tortilla Shell)
	Applesauce	Pinapples	Carrots w/ ranch	Pears	Oranges
	Corn	Green Beans	Raisins	Stir Fry vegetables	Cucumbers
	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> 		1 % Milk			
	Oyster Crackers	Graham Crackers	Tortilla Chips	Granola bars	Ritz Crackers
	Cheese		Cheese	Juice	Summer Sausage

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Week Ten -- Nov. 14-18	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	French Toast Sticks	Sausage	English Muffins	Yogurt
	Raisins	Applesauce	Apples	Pears	Blueberries
	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> 	Beef Sloppy Joes	Turkey and Rice Casserole	Chicken strips	Beef Goulash	Salami Sandwich
	(Bun)	(Rice)	Tator Tots	Noodles	(Bread)
	Mixed Fruit	Mand. Oranges	Grapes	Peaches - GF	Craisins
	Corn	Broccoli	Green beans	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"> • <i>Milk</i> • <i>Grain</i> • <i>Vegetable</i> • <i>Fruit /Juice</i> • <i>Meat or meat alternate</i> 	Goldfish	Veggie Straws	Animal Crackers	Ranch Oyster Crackers	1% Milk
	Craisins	Cheese	Juice	Cucumbers	Oreo Cookies

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Week Eleven -- Nov. 21-25	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 	Graham Crackers	Waffles	Cereal	LBC	LBC
	Peaches	Applesauce	Bananas	Closed	Closed
	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 	Turkey Noodle Casserole	Beef Spanish Rice	Ham Sandwich	Happy	Happy
	(Egg Noodles)	(Rice)	(Bread)	Thanksgiving	Shopping
	Pears	Grapes	Cucumbers		
	Green Beans	Carrots	Apples		
	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 	Veggie Straws	Ritz Crackers	Pretzels	LBC	LBC
			Juice	Closed	Closed
	Cheese	Pepperoni			

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Week Twelve -- Nov 28-Dec. 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <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 	Graham Crackers	Cereal	Sausage Gravy over Toast	Cinnamon Toast	Yogurt
	Apples	Blueberries	Pears	Mixed Fruit	Strawberries
	1% Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Lunch <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 Spaghetti (Spaghetti Noodles)	Bacon Ranch Pasta Salad Noodles	Grilled Cheese Sandwich (Bread)	Beef Spaghetti (Spaghetti Noodles)	Turkey/Cheese Rollup (Tortilla)
	Green Beans	Pineapple	Peaches	Mandarin Oranges	Apples
	Grapes	Peas	Tomato Soup	Corn	Pickles
	1% Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Snack <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	Veggie Straws Carrot Sticks w/ ranch	1 % Milk Vanilla Wafers	Pretzels	Cheez-Its
	Juice			Cheese	Craisins

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