

Week five -- Oct. 28-Nov.1	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	Graham Crackers	Bagels	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 	Cheese Ravoili	Beef Lasagna	Cheesy Chicken Casserole	Grilled Pepperoni/Cheese Sandwich	Turkey/Cheese Rollup
	Ravoli pasta	(Lasagna Noodles)	(Rice)	Bread	(Tortilla Shell)
	Peas	Mixed Fruit	peaches	Pineapple	Oranges
	Mand. Oranges	Corn	Peas	Carrot sticks	Celery
	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	Goldfish	Tortilla Chips	Halloween Party Treats!!	Graham Crackers
	Raisins	Summer Sausage	Salsa		Craisins

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 six -- Nov. 4-8	Monday	Tuesday	Wednesday	Thursday (Sam's)	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 	Cereal	Sausage Gravy over Toast	Waffles	Cinnamon Toast	Yogurt
	Apples	Craisins	Applesauce	Bananas	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 	Chicken Tacos	Pepperoni Rice a Roni	Beef Goulash	Beef and Cheese Nachos	Ham and Cheese Grilled Sandwich
	Tortilla Shell	(Rice)	Macaroni noodles	(Tortilla Chips)	(Bread)
	Pineapples	Pears	Mixed Fruit	Apples	Pineapple
	Corn	Green Beans	Peas	Mixed Vegetables	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 	Nilla Wafers	Veggies Straws	Ritz Crackers	Pretzles	Granola Bars
	Raisins			Juice	Craisins
		String Cheese	Pepperoni		

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Week seven Nov. 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p><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 	Graham Crackers	English Muffins	Bagels	Toast w/ Jelly	Cereal
	Grapes	Raisins	Craisins	Apples	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p>Lunch</p> <p><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 	Macaroni and Cheese (Macaroni Noodles)	Turkey and gravy Mashed Potatoes	Chicken Enchilla bake (Tortilla Shells)	Beef Tator Tot Casserole Tator Tots	Turkey/Cheese Quesdilla (Tortilla Shell)
	Applesauce	Pears	Mand. Oranges	Pineapple	Grapes
	Carrots	Green Beans	Corn	Green Beans	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p>Snack</p> <p><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 	Tortilla chips	Pretzels	Ritz	1 % Milk Animal Crackers	Chex Mix Juice
	Cheese Sauce	Cheese	Summer Sausage		

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Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

Week Eight -- Nov. 18-22	Monday	Tuesday	Wednesday	Thursday (Sam's)	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 	Cereal	Sausage	Yougurt	French Toast Sticks	Graham Crackers
	Apples	Hashbrowns	Blueberries	Applesauce	Bananas
	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 Taco and Rice Bake	Chicken Parmesean over Noodles	Ham and Potato Soup	Chicken Stir Fry	Cheese Quesdilla
	(Rice)	(Spagetti Noodles)	(Potatoes) Oyster Crackers	(Rice)	(Tortilla Shell)
	Mandarin Oranges	Peaches	Mixed Fruit	Pears	Oranges
	Green Beans	Broccoli	Carrots	Stir Fry vegetables	Cucumbers
	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 	Oyster Crackers	Saltines	1% Milk	Granola bars	Ritz Crackers
	Raisins	Cheese	Rice Krispy Bars	Juice	Pepperoni

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Week Nine Nov. 25-29	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 Craisins 1 % Milk	Toast w/ Jelly Bananas 1 % Milk	Bagels w/Cream Cheese Apples 1 % Milk	Center Closed	Center Closed
<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 	Fish Sticks Tator Tots Applesauce Corn 1 % Milk	Beef Chili Saltine crackers Pinapples Beans 1 % Milk	Salami and Cheese Sandwich (Bread) Grapes Pickles 1 % Milk	Happy Thanksgiving	Happy Shopping
<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 Cheese	1 % Milk Graham Crackers	Chex Mix Juice		

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