



Lunch Menu

November 2021

This institution is an equal opportunity provider.

Family Style Menu

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk
(menu modifications in italics)

24months – 36months Old - m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain 1% Milk
(menu modifications in italics)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
November 1 Hamburger w/ American Cheese WG Sandwich Roll Tator Tots Fruit Milk Veggie Burger	November 2 Mac and Cheese w/ WG Pasta Cooked Broccoli Fruit Milk	November 3 Turkey Ham & Cheese Sandwich WG Sandwich Roll Tomato/Cucumber Salad Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread NATIONAL SANDWICH DAY!	November 4 Beef BBQ WG Sandwich Roll Potato Wedges Ketchup Fruit Milk Veggie Patty on Wheat Bread	November 5 Breakfast Pizza Roll Up WG Flatbread w/ Marinara Sauce, Turkey Sausage & Mozzarella Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk WG Cheese Pizza Roll Up
November 8 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks (Cooked Peas) Ranch Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread	November 9 BBQ Meatballs Dinner Roll Green Beans Fruit Milk Veggie Meatballs	November 10 Grilled Chicken Garden Salad w/ Cheese & Tomato Ranch Dressing Dinner Roll w/ Butter Fruit Milk Edamame	November 11 Turkey Sausage French Toast Breakfast Potatoes Fruit Milk Veggie Sausage	November 12 Pizza Roll Up WG Flatbread w/ Marinara Sauce & Mozzarella Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk NATIONAL PIZZA DAY!
November 15 WG Chicken Nuggets Tator Tots Ketchup Fruit Milk Veggie Nuggets	November 16 Scrambled Eggs w/ Cheese WG English Muffin Breakfast Potatoes Fruit Milk	November 17 Turkey and American on WG Bun Mayo Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread	November 18 Beef and Cheese Taco WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Bean Taco	November 19 Breakfast Pizza Roll Up WG Flatbread w/ Marinara Sauce, Turkey Sausage & Mozzarella Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk WG Cheese Pizza Roll Up
November 22 Roast Turkey w/ Gravy WG Dinner Roll Green Beans Cranberry Applesauce Milk Tofurky w/ Gravy Thanksgiving Meal	November 23 BBQ Chicken & Cheddar Wrap on WG Flour Tortilla Cucumbers Fruit Milk Edamame	November 24 Roast Beef and American Cheese WG Sandwich Roll Carrot Sticks w/ Ranch (cooked carrots) Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread	November 25	November 26 SunButter & Grape Fruit Spread on WW Bread Cucumbers Fruit Milk
November 29 Swedish Meatballs WG Buttered Noodles Corn Fruit Milk Veggie Meatballs	November 30 Grilled BBQ Chicken WG Dinner Roll Green Beans Fruit Milk Tofu	December 1 Turkey Ham & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread	December 2 Chicken Nuggets Potato Wedges Ketchup Fruit Cocktail Milk Veggie Patty on Wheat Bread	December 3 Pizza Roll Up WG Flatbread w/ Marinara Sauce & Mozzarella Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos