



## Main Lunch Menu

November 2023

This institution is an equal opportunity provider.

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 – 36 months 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
<p><b>October 30</b>  <b>Turkey &amp; Cheese Sandwich on WG Bread</b>            Fresh Broccoli (Garbanzo beans 1-2)            Ranch Dressing/Mayo            Fruit            Milk  <b>Sunbutter &amp; Grape Sandwich</b></p>	<p><b>October 31</b>  <b>Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese over WG Pasta</b>            Peas            Fruit            Milk  <b>Veggie Meatball Parmesan</b></p>	<p><b>November 1</b>  <b>Egg and Cheese Sandwich on WG Bagel</b>            Cucumbers            Ranch Dressing            Fruit            Milk</p>	<p><b>November 2</b>  <b>WG Chicken Patty</b>            Green Beans            Ketchup            Fruit            Milk  <b>Veggie Nuggets</b></p>	<p><b>November 3</b>  <b>Italian Turkey Sandwich on WG Bun</b>            Carrot Sticks (Garbanzo Beans 1-2)            Ranch Dressing/Mayo            Fruit            Milk  <b>Cheese Sandwich</b>  <i>National Sandwich Day!</i></p>
<p><b>November 6</b>  <b>Taco Beef w/Cheddar Cheese</b>            WG Tortilla Chips (WG Flour Tortilla 1-2)            Corn            Fruit            Milk  <b>Bean Burrito</b>   <i>National Nachos Day!</i></p>	<p><b>November 7</b>  <b>Turkey Ham &amp; Cheese on WG Bun</b>            Fresh Broccoli (Garbanzo Beans 1-2)            Ranch Dressing/Mayo            Fruit            Milk  <b>Sunbutter &amp; Grape Sandwich</b></p>	<p><b>November 8</b>  <b>WG Pancake w/ Chicken Sausage and Cheese Sandwich</b>            String Cheese (3+ Only)            Tomato &amp; Cucumber Salad (Peeled/Diced Tomato &amp; Cucumber Salad 1-2)            Fruit            Milk  <b>Pancake and Veggie Sausage</b></p>	<p><b>November 9</b>  <b>Balsamic Chicken</b>            WG Dinner Roll            Diced Sweet Potatoes            Fruit            Milk  <b>Balsamic Lentils and Brown Rice</b></p>	<p><b>November 10</b>  <b>Chef Salad with diced turkey &amp; shredded cheddar cheese</b>            Ranch Dressing            WG Dinner Roll            Fruit            Milk  <b>Sliced Turkey with Sliced Cheddar cheese and diced cucumbers (1-2-year-old)</b>  <b>Tofu Garden Salad</b></p>
<p><b>November 13</b>  <b>Chicken, Turkey Pepperoni &amp; Cheese on WW Bun</b>            Fresh Broccoli (Garbanzo Beans 1-2)            Ranch Dressing/Mayo            Fruit            Milk  <b>Sunbutter &amp; Grape Sandwich</b></p>	<p><b>November 14</b>  <b>Mac &amp; Cheese w. WG Pasta</b>            Mixed Vegetables            Fruit            Milk</p>	<p><b>November 15</b>  <b>Turkey Sausage</b>            String Cheese (3+ Only)            WG French Toast            Baby Carrots w/ Ranch Dressing (<i>Cooked Carrots</i>)            Fruit            Milk  <b>French Toast and Veggie Sausage</b></p>	<p><b>November 16</b>  <b>Turkey w/Gravy</b>            WG Dinner Roll w/Butter            Mashed Potatoes            Fruit            Milk  <b>Lentils w/Gravy</b></p>	<p><b>November 17</b>  <b>Italian Chicken Pasta Salad</b>            Tomato and Cucumber Salad (Peeled/Diced Tomato and Cucumber Salad 1-2)            Fruit            Milk  <b>Edamame Pasta Salad</b></p>
<p><b>November 20</b>  <b>Italian Turkey Sandwich on WG Bun</b>            Fresh Broccoli (Garbanzo Beans 1-2)            Ranch Dressing/Mayo            Fruit            Milk  <b>Cheese Sandwich</b></p>	<p><b>November 21</b>  <b>Swedish Meatballs</b>            Brown Rice            Peas            Fruit            Milk  <b>Veggie Meatballs</b></p>	<p><b>November 22</b>  <b>Egg &amp; Cheese Sandwich on WG Bagel</b>            Carrot Sticks w/ Ranch Dressing (<i>Cooked Carrots</i>)            Fruit            Milk</p>	<p><b>November 23</b>   <b>Happy Thanksgiving!</b></p>	<p><b>November 24</b>  <b>Sunbutter and Grape Fruit Spread on WW Bread</b>            Tomato/Cucumber Salad (Cold Peas 1-2)            Fruit            Milk</p>
<p><b>November 27</b>  <b>Turkey and Cheese Sandwich on WG Bread</b>            Carrot Sticks (Garbanzo Beans 1-2)            Ranch Dressing/Mayo            Fruit            Milk  <b>Sunbutter &amp; Grape Sandwich</b></p>	<p><b>November 28</b>  <b>Turkey Sausage</b>            String Cheese (3+ only)            WG French Toast            Breakfast Potatoes            Fruit            Milk  <b>French Toast and Veggie Sausage</b>  <i>National French Toast Day!</i></p>	<p><b>November 29</b>  <b>Turkey Ham and Cheese on WG Bun</b>            Tomato &amp; Cucumber Salad (Peeled/Diced Tomato &amp; Cucumber Salad)            Mayonnaise            Fruit            Milk  <b>Cheese Sandwich</b></p>	<p><b>November 30</b>  <b>WG Chicken Tenders</b>            Ketchup            Mashed Potatoes            Fruit            Milk  <b>Veggie Nuggets</b></p>	<p><b>December 1</b>  <b>Italian Meatballs</b>            WG Dinner Roll            Cooked Carrots            Fruit            Milk  <b>Veggie Meatball Parmesan</b></p>

WG = Whole Grain