



November Menu 2023

Monday

30 B: Rice Krispy Cereal, Applesauce, Milk

L: Chicken and Dumplings, Peas and Carrots, Fruit Cocktail, Milk

S: Oatmeal Cream Pie, Milk

Tuesday

31 B: Assorted Muffins, Tropical Fruit Mix,, Milk

L: All Beef Hotdogs, Enriched Bun, Green Beans, Diced Pineapple, Milk

S: Graham Crackers, Strawberry Cream Cheese, Water

Wednesday

1 B: Banana Bread, Applesauce, Milk

L: Chicken Noodle Soup, 1/2 American Cheese Sandwich, Green Beans, Diced Pears, Milk

S: Ritz Crackers, Marble Cheese Stick, Water

Thursday

2 B: Life Cereal, Diced Peaches, Milk

L: Soft Taco, Whole Kernel Corn, Diced Pineapple, Milk

S: Vanilla Pudding, Vanilla Wafers, Water

Friday

3 B: Assorted Muffins, Fruit Cocktail, Milk

L: Chicken Nuggets, Dinner Roll, Peas, Applesauce, Milk

S: Chocolate Chip Cookie, Milk

6 B: Life Cereal, Applesauce, Milk

L: Macaroni and Cheese, Slice of Turkey Breast, Broccoli, Diced Pears, Milk

S:Ritz Crackers, Marble Cheese Stick, Water

7 B: Banana Bread, Diced Peaches, Milk

L: Baked Beans with Diced All Beef Hotdogs, Dinner Roll, Diced Pineapple, Milk

S: Breadsticks, Marinara Sauce, Water

8 B: Rice Krispies Cereal, Diced Peaches, Milk

L: Vegetable Soup, 1/2 Turkey and American Cheese Sandwich, Fruit Cocktail, Milk

S: Brownie, Milk

9 B: Assorted Muffins, Fruit Cocktail, Milk

L: Beef Chili, Saltine Crackers, Diced Pears, Milk

S: Graham Crackers, Strawberry Cream Cheese, Water

10 B: Orange Sweet Bread, Diced Pineapple, Milk

L: French Toast Sticks, Tater Tots, Turkey Sausage, Diced Peaches, Milk

S: Goldfish Crackers, Applesauce/ Apple Slices, Water

13 B: Raisin Bran Cereal, Applesauce, Milk

L: Sloppy Joe Sandwich, Enriched Bun, Mixed Vegetables, Diced Pears, Milk

S: Soft Pretzel, Cream Cheese, Water

14 B: Donuts, Diced Peaches, Milk

L: Marinara Beef Pasta, Shredded Mozzarella Cheese, Broccoli, Fruit Cocktail, Milk

S: Assorted Yogurt, Animal Crackers, Water

15 B: Assorted Cereal Bars, Bananas, Milk

L: Chicken Stir Fry, Peas and Carrots, Mandarin Oranges, Milk

S: Wheat Thin Crackers, Mozzarella String Cheese, Water

16 B: Coffee Cake, Bananas, Milk

L: Beef Chili, Saltine Crackers, Diced Pears, Milk

S: Tortilla Chips, Mild Salsa, Water

17 B: Blueberry Bread, Applesauce, Milk

L: Cheeseburgers, Dill Pickle Spear, Diced Peaches, Milk

S: Ice Cream Social, Ice Cream Sandwiches

20 B: Coffee Cake, Fruit Cocktail ,Milk

L: Chicken and Dumplings, Green Beans, Diced Peaches, Milk

S: Wheat Thin Crackers, Mozzarella String Cheese, Water

21 B: Cheerio's Cereal, Applesauce, Milk

L: Marinara Beef Pasta, Shredded Mozzarella Cheese, Peas and Carrots, Diced Pears, Milk

S: Soft Pretzel, Cream Cheese, Water

22 B: Donuts, Tropical Fruit Mix,, Milk

L: Sloppy Joe Sandwiches, Dill Pickle Spear, Fruit Cocktail, Milk

S: Tortilla Chips, Mild Salsa, Water

23

NO SCHOOL

24

NO SCHOOL

27 B: Life Cereal, Applesauce, Milk

L: Macaroni and Cheese, Slice of Turkey Breast, Broccoli, Diced Pears, Milk

S:Ritz Crackers, Marble Cheese Stick, Water

28 B: Banana Bread, Diced Peaches, Milk

L: Baked Beans with Diced All Beef Hotdogs, Dinner Roll, Diced Pineapple, Milk

S: Breadsticks, Marinara Sauce, Water

29 B: Rice Krispies Cereal, Diced Peaches, Milk

L: Vegetable Soup, 1/2 Turkey and American Cheese Sandwich, Fruit Cocktail, Milk

S: Brownie, Milk

30 B: Assorted Muffins, Fruit Cocktail, Milk

L: Beef Chili, Saltine Crackers, Diced Pears, Milk

S: Graham Crackers, Strawberry Cream Cheese, Water



Portion Sizes: **1-2 Years Old** Breakfast: Milk 1/2 C, Fruit/Veg 1/4 C, Grain 1/2 Slice or 1/4 C Lunch: Meat 1 oz, Grain 1/2 Slices or 1/4 C, Milk 1/2 C Snacks: Milk 1/2 C, Fruit/ Veg 1/2 C Grain 1/2 Slice or 1/4 C, Meat 1/2 oz. **3-5 Years Old** Breakfast: Milk 3/4 C, Fruit/Veg 1/2 C, Grain 1/2 Slice or 1/4 C Lunch: Meat 1 1/2 oz, Grain 1/2 Slice or 1/4 C Fruit/ Veg, 1/2 C Milk 3/4 C Snacks: Milk 1/2 C Fruit/Veg 1/2 C, Grain 1/2 Slice or 1/4 C Meat 1/2 oz **6-12 Years Old** Breakfast: Milk 1 C, Fruit/Veg 1/2 C, Grain 1 Slice or 3/4 C Lunch: Meat 2 Oz, Grain 1 Slice or 1/2 C, Fruit/Veg 3/4 C, Milk 1 C, Snacks: Milk 1/2 C, Fruit/Veg 1/2 C, Grain 1/2 Slice or 1/4 C, Meat 1 oz **Substitutions for Infants:** Applesauce for Apple Slices. Animal Crackers, or Cereal Bars, or Graham Crackers for Chips & Salsa.