






| November 2023 | | | | |
|---|---|--|--|---|
| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
| | | 1 | 2 | 3 |
|  |  | WG cereal, banana, milk | Blueberry bagel, fresh strawberries, milk | WG cereal, fresh fruit, milk |
| | | Steak fingers, mashed potatoes, carrots, roll, milk | WG meatball sub, tator tots, fruit cocktail, milk | Turkey & cheese wrap, lettuce and tomato, oven baked potatoes, milk |
| | | Veggie crackers & cheese | Baby carrots, rice cakes | Pumpkin bread, milk |
| 6 | 7 | 8 | 9 | 10 |
| WG cereal, apricots, milk | WG breakfast sandwich, diced pears, milk | WG cereal, banana, milk | French toast sticks, fresh strawberries, milk |  |
| Fishsticks, green beans, baked potatoes, roll, milk | Beef burrito, refried beans, cucumber and tomato salad, milk | WG mac & cheese, diced carrots, applesauce, bread & butter, milk | Lasagna, garden salad, breadstick, sauteed eggplant, milk | |
| Soft pretzel, 100% juice | Cheeze Itz, 100% juice | Yogurt and Teddy Grahams | Fresh veggies & cottage cheese | |
| 13 | 14 | 15 | 16 | 17 |
| WG cereal, apple slices, milk | WG waffles, diced mango, milk | WG cereal, banana, milk | WG bagel, fresh strawberries, milk | WG cereal, fresh fruit, milk |
| Chicken strips, sweet potato fries, corn, roll, milk | Bean tostadas, lettuce & tomato, fresh plums, milk | Salisbury steak, mashed potatoes, corn, roll, milk | WG calzone, fresh squash, garden salad, milk | Turkey, mashed potatoes & gravy, green bean casserole, roll, milk |
| Crackers & cheese, 100% juice | Banana bread, milk | Cucumber & tomato salad, breadstick | Yogurt & fancy crackers | <i>Friendship bread, milk</i> |
| 20 | 21 | 22 | 23 | 24 |
| WG cereal, fresh orange slices, milk | WG breakfast pizza, fresh strawberries, milk | WG cereal, banana, milk |  | |
| Cheeseburger sliders, tator tots, garden salad, milk | Chicken & cheese burrito, refried beans, pineapple tidbits, milk | Chili, carrots, tropical fruit, crackers, milk | | |
| Yogurt, graham crackers | Carrots, veggie cottage cheese | Goldfish crackers, apple slices | | |
| 27 | 28 | 29 | 30 | |
| WG cereal, fresh fruit, milk | Bagel, fresh strawberries, milk | WG cereal, banana, milk | French toast sticks, fresh strawberries, milk |  |
| Beef fingers, sweet potato fries, peas, roll, milk | Pizza, garden salad, fresh fruit, milk | WG ham & cheese melt, steamed broccoli, diced peaches, milk | Beef burrito, refried beans, cucumber and tomato salad, milk | |
| Pizza pocket, 100% juice | Build-Your-Own Yogurt & Fruit Parfait | Cinnamon Grips, milk | Soft pretzel, 100% juice | |
| * Some foods may be substituted for toddlers & students with allergies *WG-Whole Grain <i>Food Experience * Friendship Bread</i> | | | | |
| USDA is an equal opportunity provider | | | | |

