

November 2018

Toddler substitution in ()

Breakfast and Lunch: Whole milk 2yrs-younger, 2% 3's & 4's

Fruit Selections: Grapes, Apples, Oranges, (bananas, berries, melon

Juice Selections: Apple Grape orange

* wg whole grain

ants on log/ raft: celery or grams with cream cheese and raisins(banana) Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				1. fruit/ cereal	2. apple slices/fruit bars
Lunch				mac and cheese peas Fresh Fruit	spaghetti/meatballs broccoli Fresh Fruit
PM Snack				cherry tomato/ cheese cubes	mix/ Juice
Breakfast	5. english Muffins	6.grams/berries(pineapple)	7. wg cereal / banana	8 Oatmeal/milk	9. oranges w/ dry kix
Lunch	hamburger on wheat baked beans Fresh Fruit	chicken alfredo cooked carrots Fresh Fruit	chicken tenders roasted potatoes Fresh Fruit	cheese pizza cooked broccoli Fresh Fruit	chicken and noddles roast corn/(peas) Fresh Fruit
PM Snack	pretzels/ Juice	pita chips/dips/juice	animal crackers/juice	apple slices/(wg) crackers	chex mix /juice
Breakfast	12	13 corn chex ceral w/milk	14. grain bars/grapes	15. yogurt w/fruit	16. applesauce/grams
Lunch	Closed Veteran's Day	burgers/ on wheat bun roasted potatoes Fresh Fruit	spaghetti/meatballs broccoli Fresh Fruit	chicken pot pie-biscuits cooked carrots Fresh Fruit	chicken patties roasted corn/ (mixed veggie Fresh Fruit
PM Snack		Pepper slice/oyster crackers	cheese -it's/juice	cheese and crackers	junior chex mix /Juice
Breakfast	19. mini bagels/ oranges	20 cinnamon rolls/mik	21. cheerios/banana	22. oatmeal/peaches	23 biscuits/berries
Lunch	ham and cheese on wheat baked beans Fresh Fruit	chicken tenders broccoli Fresh Fruit	chicken alfredo cooked carrots Fresh Fruit	sloppy joes roasted potatoes Fresh Fruit	Lasagna w/ meat roasted corn/ green beans Fresh Fruit
PM Snack	triscuits/juice	carrots/dip/juice	vanilla wafers/juice	cheese cubes/pretzels	cheesy chex mis/ juice
Breakfast	26.cinnamon rolls/milk	27.french toast stick/milk	28. branflakes/raisins	29. Yogurt/cheerios	30. apples slices/dry chex
Lunch	spaghetti/meatballs broccoli Fresh Fruit	chicken fajitas/shells cooked carrots Fresh Fruit	cheese pizza peas Fresh Fruit	chicken pot pie-biscuits roasted potatoes Fresh Fruit	beef tacos w/shell lettuce/cheese/ beans Fresh Fruit
PM Snack	cucumber/crackers	grape tomatoes/cheese cubes	goldfish/Juice	cereal mix/juice	fig bars/juice
Breakfast					
Lunch					

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PM Snack