



School Menu

November 2018

	Monday, 5	Tuesday, 6	Wednesday, 7	Thursday, 8	Friday, 9
Breakfast	Toasted Oats Cereal, Grapefruit, Milk	Apple Cinnamon Muffins, Banana, Milk	Lightly Sweetened, Oatmeal, Fresh Sliced Honeydew, Milk	Banana Cream Topped Pancakes, *Strawberries, Milk	Blueberry Bagel, Fresh Sliced Cantaloupe, Milk
Lunch	Turkey Chili w / Beans, Corn Bread, Spinach, *Mixed Fruit, Milk	Smoked Turkey & Cheese on Wheat, Carrot Sticks w/ Ranch, Fresh Sliced Oranges, Milk	Chicken Spaghetti w/ Marinara Sauce, Peas & Carrots, *Mango, Milk	Pinto Beans, Italian Pasta, Broccoli & Cheese, Applesauce, Milk	Chicken Sandwich on Wheat, Mixed Vegetables, *Pineapples, Milk
Snack	Yogurt, Ritz Crackers, Water	Nutri-Grain Bars, String Cheese, Water	Sun-butter Bars, Fresh Sliced Assorted Fruit, Water	Pita Triangles, Salsa, Veggie Circles, Water	Oatmeal Biscuits, Fresh Sliced Apples, Water
	Monday, 12	Tuesday, 13	Wednesday, 14	Thursday, 15	Friday, 16
Breakfast	Gluten Free Corn Square Cereal, Banana, Milk	Banana Squares, Fresh Sliced Oranges, Milk	Apple Cream of Wheat, Fresh Sliced Cantaloupe, Milk	Whole Grain Bagel, Fresh Sliced Honeydew, Milk	Build a Breakfast Pizza, with flat bread, yogurt and fresh fruit, Milk
Lunch	Chicken Tortellini Soup, Sweet Potato Patties, Saltines, *Peaches, Milk	Salmon Croquette, Wheat Dinner Roll, Sweet Peas, Fresh Sliced Fruit, Milk	Creamy Tomato Sausage Penne, Turnip Greens, *Mixed Fruit, Milk	Cheese Grits, Scrambled Eggs, Wheat Toast, Hash browns, Fresh Sliced Assorted Fruit, Milk	Southwestern Chicken Tacos, Glazed Carrots, Applesauce, Milk
Snack	Quinoa, Mango, Water	Hard/Soft Pretzels w/ Sun-butter, Fresh Sliced Select Fruit, Water	Banana Pudding, Vanilla Wafers, Water	Whole-wheat Applesauce Muffins, Cheddar Cheese Cubes, Water	Shortbread Biscuits, Fresh Sliced Assorted Fruit, Water
	Monday, 19	Tuesday, 20	Wednesday, 21	Thursday, 22	Friday, 23
Breakfast	Rice Krispies Cereal, Banana, Milk	Cinnamon Swirl Squares, Fresh Sliced Grapefruit, Milk			
Lunch	Chicken Noodle Soup, Mixed Vegetables, *Apples, Milk	Turkey Sausage on Wheat, Rosemary Potatoes, *Mango, Milk	CLOSED	CLOSED	CLOSED
Snack	Hard/Soft Pretzels w/ Sun-butter, Fresh Sliced Select Fruit, Water	Nutri-Grain Bars, String Cheese, Water			
	Monday, 26	Tuesday, 27	Wednesday, 28	Thursday, 29	Friday, 30
Breakfast	Gluten Free Rice Square Cereal, Banana, Milk	Banana Squares, Fresh Sliced Oranges, Milk	Apple Cream of Wheat, Fresh Sliced Honeydew, Milk	Banana Cream Topped Pancakes, *Strawberries, Milk	Breakfast Pizza, Side of Selected Fruit, Milk
Lunch	Tomato Soup, Turkey Wrap, Fresh Sliced Apples, Milk	Potato Salad, Turkey, Chicken on Wheat, *Pineapples, Milk	Fish Tacos, Coleslaw, Fresh Sliced Cantaloupe, Milk	Spinach Pizza, Seasoned Black beans, Applesauce, Milk	Chicken Teriyaki Stir-fry, Wheat Dinner Roll, *Peaches, Milk
Snack	Quinoa, Mango, Water	Yogurt, Ritz Crackers, Water	Sun-butter Bars, Fresh Sliced Assorted Fruit, Water	Pita Triangles, Salsa, Veggie Circles, Water	Shortbread Biscuits, Fresh Sliced Assorted Fruit, Water

<i>Serving Size per Age Group</i>	1-2 Years Old	3-5 Years Old	6-12 Years Old
Milk	½ cup	¾ cup	1 cup
Fruit, Vegetables, Juice	¼ cup	½ cup	¾ cup
Bread	½ slice	½ slice	1 slice
Cereal, Grain	¼ cup	¼ cup	½ cup
Meat/Meat Alternative	1 ounce	1 ½ ounces	2 ounces
<i>Serving Size per Age Group</i>	1-2 Years Old	3-5 Years Old	6-12 Years Old
Milk	½ cup	¾ cup	1 cup
Fruit, Vegetables, Juice	¼ cup	½ cup	¾ cup
Bread	½ slice	½ slice	1 slice
Cereal, Grain	¼ cup	¼ cup	½ cup
Meat/Meat Alternative	1 ounce	1 ½ ounces	2 ounces