





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				1	2
				Cereal and Milk	¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Apricots ¾ c Milk
LUNCH				1 oz meat	1 Cheese Manicotti (2.75oz) w Tomato Basil • 1 ½ oz cheese 2 oz WG grain
				1/3 c Beef Picadillo #12 ¼ c WG Rice (½ oz Grain) 1/8 c Broccoli w Creamy Italian Dip 1/8 c Pears ½ c Milk	¼ c Romaine Salad w Ranch 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk
				<i>Veg: 1 Lasagna Roll - Up</i>	<i>Veg: Same</i>
BREAKFAST	5	6	7	8	9
	Cereal and Milk	¼ c WG Oatmeal (0.7 oz) ¼ c Peaches ½ c Milk	½ WG Bagel w Cream Cheese ¼ c Pears ½ c Milk	Cereal and Milk	¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ¼ c Melon Salad ½ c Milk
LUNCH		<u>Mediterranean</u>			<u>Make Your Own Burrito</u>
	2 Meatballs (1 oz) with Marinara Sauce ¼ c WG Penne (½ oz) PC Parmesan Cheese 1/8 c Steamed Baby Carrots w Veggie Dip 1/8 c Applesauce ½ c Milk <i>Veg: 2 Veggie Meatballs</i>	1/8 c Seasoned Chicken Strips (1 oz) ½ WG Pita (1 oz) 1 Tbsp Hummus 1/8 c Petite Broccoli w Italian 1/8 c Tropical Fruit Salad ½ c Milk <i>Veg: ¼ c Chickpeas</i>	¼ c Beef & Bean Chili 1 oz meat/meat alternate 1 oz Cornbread ¼ c Romaine with Ranch 1/8 c Mandarin Oranges ½ c Milk <i>Veg: Vegetarian Chili</i>	3 oz WG Fish Fillet (1.5 oz M/MA) ¼ c Bolivian Rice (½ oz Grain) ¼ c Spinach Salad w Italian 1/8 c Honeydew ½ c Milk <i>Veg: 4 oz Yogurt</i>	¼ c Black Beans & 1/8 c Monterey Cheese 1-6 in WW Tortilla (1 oz) PC Mild Salsa ¼ c Shredded Lettuce 1/8 c Pineapple ½ c Milk <i>Veg: Same</i>
BREAKFAST	12	13	14	15	16
	CLOSED FOR VETERANS DAY	2 French Toast Bites (1.02 oz) ¼ c Cantaloupe ½ c Milk	2 oz Yogurt 1 Blueberry Mini Muffin 1 oz ¼ c Tropical Fruit Salad ½ c Milk	Cereal and Milk	1 Cheese Omelet 1 WG Biscuit 1 oz ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk
LUNCH	s			<u>Make Your Own Taco</u>	
		½ c Beef & Macaroni Pasta Bake #8 • 2 oz beef, ¼ c WG noodles(½ oz) 1/8 c Broccoli w Ranch 1/8 c Pineapple ½ c Milk <i>Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i>	1 Chicken Tender 1 oz WG Corn Muffin 1/8 c Cole Slaw 1/8 c Honeydew EHS Diced ½ c Milk <i>Veg: 2 Chickenless Nuggets* w Ketchup</i>	¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1 oz WG Tortilla ¼ c Shredded Romaine PC Salsa ¼ Banana ½ c Milk <i>Veg: ¼ c Black Beans</i>	½ c Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz ¼ c Vegetarian Baked Beans ¼ c Spinach Salad w Italian 1/8 c Peaches ½ c Milk <i>Veg: Same</i>



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal and Milk 19	1 WG French Toast (1.5 oz) ¼ c Apple Slices ½ c Milk 20	½ Stuffed Mini Bagel (1 oz grain) ¼ c Pineapple ½ c Milk 21	 22	 23
LUNCH	<u>Make Your Own Wrap</u> ½ oz Turkey (1 Slices) 2 Tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla (1 oz) ¼ c Spinach Salad w Italian 1/8 c Pears ½ c Milk <i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i>	<u>Thanksgiving Menu</u> 2 oz Turkey & Gravy 2 Tbsp Cranberry Sauce ¼ c Stuffing ¼ c Green Beans ¼ c Candied Sweet Potatoes ¾ c Milk <i>Veg: 3 Chickenless Tenders (No Gravy)</i>	1 oz Meatloaf 1 WG Corn Muffin (1 oz) 1/8 c Cheesy Mashed Potatoes 1/8 c Honeydew Diced ½ c Milk <i>Veg: Black Bean Patty* w Ketchup</i>		
BREAKFAST	Cereal and Milk 26	1 WG Pancake/ Applesauce 1oz Topping ¼ c Pineapple ½ c Milk 27	1 Hardboiled Egg 1 WG Biscuit 1 oz w PC Jelly ¼ c Honeydew ½ c Milk 28	Cereal and Milk 29	¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Apricots ¾ c Milk 30
LUNCH	1 Chicken Tenders 1 WG Wheat Roll (1 oz) 1/8 c Steamed Baby Carrots w Veggie Dip 1/8 c Apple Slices ½ c Milk <i>Veg: 2 Chickenless Nuggets* w Ketchup</i>	2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ¼ c Spinach Salad w Ranch 1/8 c Cantaloupe ½ c Milk <i>Veg: Vegetarian Black Bean Burger*</i>	<u>Make Your Own Joe</u> ¼ c Bean Sloppy Joe (1 oz meat) #16 1 WG Bun (1.8 oz) 1/8 c Cole Slaw 1/8 c Mandarin Orange ½ c Milk <i>Veg: Same</i>	1/3 c Beef Picadillo #12 1/4 c WG Rice (½ oz Grain) 1/8 c Broccoli w Creamy Italian Dip 1/8 c Pears ½ c Milk <i>Veg: 1 Lasagna Roll - Up</i>	1 Cheese Manicotti (2.75oz) w Tomato Basil 1 ½ oz cheese 2 oz WG grain ¼ c Romaine Salad w Ranch 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i>