





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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal and Milk 19	1 WG French Toast (1.5 oz) ½ c Apple Slices ¾ c Milk 20	½ Stuffed Mini Bagel (1 oz grain) ½ c Pineapple ¾ c Milk 21	 22	 23
LUNCH	<u>Make Your Own Wrap</u> 1 oz Turkey (2 Slices) 2 Tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla (1 oz) ½ c Spinach Salad w Italian ¼ c Pears ¾ 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>	2 oz Meatloaf 1 WG Corn Muffin (1 oz) ¼ c Cheesy Mashed Potatoes ¼ c Honeydew ¾ c Milk <i>Veg: Black Bean Patty* w Ketchup</i>		
BREAKFAST	Cereal and Milk 26	1 WG Pancake / Applesauce Topping 1oz ½ c Pineapple ¾ c Milk 27	1 Hardboiled Egg 1 WG Biscuit 1 oz w PC Jelly ½ c Honeydew ¾ c Milk 28	Cereal and Milk 29	¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Apricots ¾ c Milk 30
LUNCH	2 oz Oven Baked Chicken Leg 1 WG Wheat Roll (1 oz) ¼ c Baby Carrots w Veggie Dip ¼ c Apple Slices (2-3) ¾ c Milk <i>Veg: 3 Chickenless Nuggets* w Ketchup</i>	2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ½ c Spinach Salad w Ranch ¼ c Cantaloupe ¾ c Milk <i>Veg: Vegetarian Black Bean Burger*</i>	<u>Make Your Own Joe</u> ½ c Bean Sloppy Joe (2 oz meat) #8 1 WG Bun (1.8 oz) ¼ c Cole Slaw 2 Orange Wedges ¾ c Milk <i>Veg: Same</i>	½ c Beef Picadillo #8 (1 ½ oz meat) ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip ¼ c Pears ¾ 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) ½ c Romaine Salad w Ranch ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk <i>Veg: Same</i>