



## Breakfast Menu: November 2019 through April 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> 11/4, 12/9, 1/13, 2/17, 3/23, 4/27	Milk WG English Muffin Cream Cheese Strawberries	Milk WW Toast Turkey Sausage Fresh Apples	Milk WG Chex Cereal Diced Peaches	Milk WW Cream of Wheat Mixed Berries	Milk WG Pancakes Bananas
<b>Week Two</b> 11/11, 12/16, 1/20, 2/24, 3/30	Milk WW Toast CN Egg Patties Pineapple	Milk WG Oatmeal Diced Peaches	Milk WG Waffles Warm Apple Slices	Milk WG Bagels Cream Cheese Diced Pears	Milk WG Cornflake Cereal Bananas
<b>Week Three</b> 11/18, 12/23, 1/27, 3/2, 4/6	Milk WG Life Cereal Blueberries	Milk WW Cheese Toast Turkey Sausage Tropical Fruit	Milk WW Cream of Wheat Strawberries Mandarin Oranges	Milk WG English Muffin Cream Cheese Mixed Berries	Milk WG Cinnamon Buns Bananas Strawberries
<b>Week Four</b> 11/25, 12/30, 2/3 3/9, 4/13	Milk WG Pancakes Blueberries	Milk Hash Browns Turkey Sausage Pineapples	Milk WG Cheerios Cereal Tropical Fruit	Milk WG Oatmeal Warm Apples	Milk Egg Pattie Peaches
<b>Week Five</b> 12/2, 1/6, 2/10 3/16, 4/20	Milk WG Biscuit Turkey Sausage Fresh Oranges	Milk WG Life Cereal Blueberries	Milk WG French Toast Fresh Apples	Milk WG English Muffin Cream Cheese Tropical Fruit	Milk WG Pancakes Warm Cinnamon Apples

\* We serve only whole milk to children between the ages of 1 and 2. We serve only 1% milk to children ages 2 and older.

\*\* WG = Whole Grain; WW = Whole Wheat; CN = Child Nutrition Label (indicating the manufacturer certifies the nutritional validity for children); HM = Homemade; LF= Lowfat

\*\*\* Tossed Salad includes iceberg and romaine lettuce, carrots, and purple cabbage.

\*\*\*\* Veggies served with dip include broccoli, and carrots. \*\*Milk /Water Alternative = When dairy/protein option is satisfied during snack children may choose to drink water rather than milk or juice where indicated. On all other days and meals, only milk will be served. Children with special dairy restrictions must still be served the alternative source indicated.

**Children will be served a different meal on field trips. For every field trip, lunch will consist of a turkey and cheese wrap or sandwich, fresh fruit, baby carrots, and fruit juice.**



## Lunch Menu: November 2019 through April 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> 11/4, 12/9, 1/13, 2/17, 3/23, 4/27	Milk Ground Turkey Tacos w/ Sour Cream WG Tortilla Spring Mix Salad Peaches	Milk Ziti Pasta w/ Ground Beef WG Garlic Bread Green Beans Apricots	Milk WG Grilled Cheese HM Veggie Soup Fresh Apples	Milk Fish Sticks HM Macaroni & Cheese Broccoli Pears	Milk Chicken Nuggets WG Roll Mashed Potatoes Carrots Tropical Fruit
<b>Week Two</b> 11/11, 12/16, 1/20, 2/24, 3/30	Milk HM Chicken & Veggie Fried Rice Pears	Milk HM Turkey, Potato, & Egg Casserole WG Roll Peas Warm Apple Slices	Milk Cheeseburgers WG Roll Sweet Potato Fries Pineapple	Milk HM Chicken Chili WG Roll Mixed Veggies Apricots	Milk Bean & Cheese Quesadilla WG Tortilla Corn Strawberries & Apricots
<b>Week Three</b> 11/18, 12/23, 1/27, 3/2, 4/6	Milk Chicken Parm WG Roll Peas Pineapple	Milk HM Wild Cowboy Stew WG Roll Cauliflower Peaches	Milk HM Diced Chicken Pasta Salad Broccoli Pears	Milk WG Grilled Cheese HM Veggie Soup Fresh Oranges	Milk HM Spiral Noodles & Meatballs Spring Mix Salad Fresh Apples
<b>Week Four</b> 11/25, 12/30, 2/3 3/9, 4/13	Milk Chicken Patty Sandwich WG Roll Potato Wedges Spring Mix Salad Fresh Oranges	Milk HM Turkey Wraps w/ Stuffing & Cranberries WG Roll Green Beans Apple Slices	Milk Fish Sticks HM Macaroni & Cheese Peas Pears	Milk HM Chicken Noodle Soup HM Cheese Quesadillas Peaches	Milk WG CN Cheese Pizza Spring Mix Fresh Apples
<b>Week Five</b> 12/2, 1/6, 2/10 3/16, 4/20	Milk HM Wild Cowboy Stew WG Roll Green Beans Pineapple	Milk Oven Roasted Turkey HM Macaroni & Cheese Carrots Mixed Fruit	Milk Bean & Cheese Quesadilla WG Tortilla Corn Mandarin Oranges	Milk HM Diced Chicken Pasta Salad Broccoli Pears	Milk Ziti Pasta w/ Ground Beef WG Garlic Bread Spring Mix Salad Tropical Fruit

\* We serve only whole milk to children between the ages of 1 and 2. We serve only 1% milk to children ages 2 and older.

\*\* WG = Whole Grain; WW = Whole Wheat; CN = Child Nutrition Label (indicating the manufacturer certifies the nutritional validity for children); HM = Homemade LF= Lowfat

\*\*\* Tossed Salad includes iceberg and romaine lettuce, carrots, and purple cabbage.

\*\*\*\* Veggies served with dip include broccoli, and carrots. \*\*Milk /Water Alternative = When dairy/protein option is satisfied during snack children may choose to drink water rather than milk or juice where indicated. On all other days and meals, only milk will be served. Children with special dairy restrictions must still be served the alternative source indicated.

**Children will be served a different meal on field trips. For every field trip, lunch will consist of a turkey and cheese wrap or sandwich, fresh fruit, baby carrots, and fruit juice.**



## Snack Menu: November 2019 through April 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> 11/4, 12/9, 1/13, 2/17, 3/23, 4/27	Milk or Water WG Graham Crackers Apple Slices	100% Fruit Juice Baby Carrots Broccoli Dip	Milk or Water WG Goldfish Tuna	Milk or Water Winter Mix WG Graham Crackers Peaches Pineapple	Milk or Water WW Crackers String Cheese
<b>Week Two</b> 11/11, 12/16, 1/20, 2/24, 3/30	Milk or Water WG Teddy Grahams Peaches	Milk or Water Chips Guacamole	Milk HM Trail Mix	Milk or Water Turkey & Cheese Slice WW Crackers	Milk Apple Filled Pancakes
<b>Week Three</b> 11/18, 12/23, 1/27, 3/2, 4/6	Milk or Water WG Graham Crackers Strawberries Pears	Milk or Water WW Crackers Tuna	Milk or Water Baby Carrots Hummus	Milk or Water WG Soft Pretzel Warm Apples	Milk or Water WG Goldfish String Cheese
<b>Week Four</b> 11/25, 12/30, 2/3 3/9, 4/13	Milk or Water Turkey & Cheese Slice WW Crackers	Milk or Water WW English Muffin Cream Cheese	Milk or Water Baby Carrots Broccoli Dip	Milk Apple Filled Pancakes Strawberries	Milk WG Soft Pretzel
<b>Week Five</b> 12/2, 1/6, 2/10 3/16, 4/20	Milk or Water WG Graham Crackers Peaches Apricots Strawberries	Milk HM Trail Mix	Milk or Water Chips Veggie Salsa	Milk or Water WG Teddy Grahams Blueberries	Milk or Water WW Crackers String Cheese

\* We serve only whole milk to children between the ages of 1 and 2. We serve only 1% milk to children ages 2 and older.

\*\* WG = Whole Grain; WW = Whole Wheat; CN = Child Nutrition Label (indicating the manufacturer certifies the nutritional validity for children); HM = Homemade LF= Lowfat

\*\*\* Tossed Salad includes iceberg and romaine lettuce, carrots, and purple cabbage.

\*\*\*\* Veggies served with dip include broccoli, and carrots. \*\*Milk /Water Alternative = When dairy/protein option is satisfied during snack children may choose to drink water rather than milk or juice where indicated. On all other days and meals, only milk will be served. Children with special dairy restrictions must still be served the alternative source indicated.

**Children will be served a different meal on field trips. For every field trip, lunch will consist of a turkey and cheese wrap or sandwich, fresh fruit, baby carrots, and fruit juice.**