



Menu for Week of: October 31st

2022

Meal	October 31st				November 1st				November 2nd				November 3rd				November 4th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
BREAKFAST:	Milk	4oz	6oz	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Cheerios WG	1/2C	1/2C	1C	Rice Krispy	3/4C	3/4C	1 1/4C	WG Bagel (or) WW Mini Bagel Cream Cheese	1/2 1	1/2 1	Whole 2	Pancakes WG	1	1	2	Applesauce Egg patty	1/4C 1	1/2C 1	1/2C 1
	Pineapple	1/4C	1/2C	1/2C	Banana	1/2	1	1	Pears	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk WG	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Chicken Gravy	1oz Cond	1.5oz Cond	2oz Cond	Turkey Ham WW Roll	1oz 1/2	1.5oz 1/2	2oz 1	Beef Crumbles WW tortilla Shredded Cheddar	1oz 1 Cond	1.5oz 1 Cond	2oz 2 Cond	Chicken Nugget CN	3	5	5	WG Elbow Pasta Chicken Diced Cheddar Sauce	1/4C 1oz Cond	1/4C 1.5oz Cond	1/2C 2oz Cond
	Mashed Potato	1/8C	1/4C	1/2C	Fruit Cocktail	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C
	WG Bread	1/2SL	1/2SL	1SL	Mixed Veg	1/8C	1/4C	1/2C	Romaine lettuce	1/4C	1/2C	1C	Green Beans	1/8C	1/4C	1/2C	Broccoli	1/8C	1/4C	1/2C
P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Water				Water				Water				Water				Water			
	Yogurt	1/4C	1/4C	1/2C	WG Veggie Cracker	1/2PK	1/2PK	1 PK	WG Biscuit	1/2	1/2	1	Corn loaf	1/2	1/2	1	String Cheese	1/2	1/2	1
	Carrot Sticks	6	6	9	Orange	1	1	1 1/2	Sun butter	1 TBL	1 TBL	2 TBL	Apple	1/2	1/2	3/4	Wheat Cracker	8	8	16

(WW)=Whole wheat (WG)=Whole grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	All milk served is unflavored 12-23 months Whole Milk (unflavored) 24-60 months 1% Milk (unflavored) 5 years and older 1% Milk (unflavored) All canned fruit are drained Hot dogs are diced Raw carrots are steamed
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Menu for Week of: November 7th

2022

Meal	November 7th				November 8th				November 9th				November 10th				November 11th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
BREAKFAST:	Milk	4oz	6oz	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	WG Bagel (or)	1/2	1/2	Whole	Applesauce	1/4C	1/2C	1/2C	Rice Krispy	3/4C	3/4C	1 1/4C	Cheerios WG	1/2C	1/2C	1C	Pancakes WG	1	1	2
	WW Mini Bagel	1	1	2	Egg patty	1	1	1	Banana	1/2	1	1	Pears	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C
	Cream Cheese Pineapple	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1												
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Turkey Dog	1	1	1 1/2	WW				Turkey Sausage	1	1 1/2	2	Fish Sticks CN	2	3	4	Chicken Meatball	2	2	3
	WW Roll	1/2	1/2	1	English Muffin	1/2	1/2	1	WG Mini Bagel	1	1	1	WW Bread	1/2	1/2	1	Brown Rice	1/4C	1/4C	1/2C
	Pears	1/8C	1/4C	1/4C	Lettuce	1/4C	1/2C	1C	Fruit Cocktail	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C
	Sweet Potato Fries	3	5	10	Peaches	1/8C	1/4C	1/4C	Hash Brown	1/2	1	2	Corn	1/8C	1/4C	1/2C	Peas	1/8C	1/4C	1/2C
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	WG Biscuit	1/2	1/2	1	WG Veggie Cracker	1/2PK	1/2PK	1 PK	Corn loaf	1/2	1/2	1	String Cheese	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C
	Sun butter	1 TBL	1 TBL	2 TBL	Orange	1	1	1 1/2	Apple	1/2	1/2	3/4	Wheat Cracker	8	8	16	Carrot Sticks	6	6	9

(WW)=Whole wheat (WG)=Whole grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	<p>All milk served is unflavored 12-23 months Whole Milk (unflavored) 24-60 months 1% Milk (unflavored) 5 years and older 1% Milk (unflavored)</p> <p>All canned fruit are drained Hot dogs are diced Raw carrots are steamed</p>
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Menu for Week of: November 14th

2022

Meal	November 14th				November 15th				November 16th				November 17th				November 18th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
BREAKFAST:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz	Milk	4oz	6oz	6oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce	1/4C	1/2C	1/2C	Cheerios WG	1/2C	1/2C	1C	WG Bagel (or) WW Mini Bagel	1/2	1/2	Whole	Pancakes WG	1	1	2
	Banana	1/4C	1/2C	1/2C	Egg patty	1	1	1	Peaches	1/4C	1/2C	1/2C	Cream Cheese	1	1	2	Pineapple	1/4C	1/2C	1/2C
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Beef Crumble	1oz	1.5oz	2oz	Chicken Gravy	1oz	1.5oz	2oz	Turkey Ham	1oz	1.5oz	2oz	Beef Crumbles	1oz	1.5oz	2oz	Chicken Nugget	3	5	5
	Pasta	1/4C	1/4C	1/2C	Cond	Cond	Cond	WW Roll	1/2	1/2	1	WW tortilla	1	1	2	Shredded Cheddar	Cond	Cond	Cond	
	Pineapple	1/8C	1/4C	1/4C	Mashed Potato	1/8C	1/4C	1/2C	Fruit Cocktail	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C
	Green Beans	1/8C	1/4C	1/2C	Pears	1/8C	1/4C	1/4C	Mixed Veg	1/8C	1/4C	1/2C	Romaine lettuce	1/4C	1/2C	1C	Green Beans	1/8C	1/4C	1/2C
P.M. SNACK:	Water			Water				Water				Water				Water				
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Corn loaf	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	WG Biscuit	1/2	1/2	1	String Cheese	1/2	1/2	1	WG Veggie Cracker	1/2PK	1/2PK	1 PK
	Apple	1/2	1/2	3/4	Carrot Sticks	6	6	9	Sun butter	1 TBL	1 TBL	2 TBL	Wheat Cracker	8	8	16	Orange	1	1	1 1/2

(WW)=Whole wheat (WG)=Whole grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	All milk served is unflavored 12-23 months Whole Milk (unflavored) 24-60 months 1% Milk (unflavored) 5 years and older 1% Milk (unflavored) All canned fruit are drained Hot dogs are diced Raw carrots are steamed
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Menu for Week of: November 21st

2022

Meal	November 21st				November 22nd				November 23rd				November 24th				November 25th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
BREAKFAST:	Milk	4oz	6oz	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz								
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Cheerios WG	1/2C	1/2C	1C	WG Bagel (or) WW Mini Bagel Cream Cheese	1/2 1	1/2 1	Whole 2	Rice Krispy	3/4C	3/4C	1 1/4C								
	Banana	1/2	1	1	Pears	1/4C	1/2C	1/2C	Peaches	1/2	1	1								
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz								
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	WG Elbow Pasta	1/4C	1/4C	1/2C	Turkey Dog	1	1	1 1/2	English Muffin	1/2	1/2	1								
	Chicken Diced Cheddar Sauce	1oz Cond	1.5oz Cond	2oz Cond	WW Roll	1/2	1/2	1	Cheese	1oz	1.5oz	2oz								
	Pineapple	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	Lettuce Fruit Cocktail	1/4C 1/8C	1/2C 1/4C	1C 1/4C								
	Broccoli	1/8C	1/4C	1/2C	Sweet Potato Fries	3	5	10	Tomato Soup	Cond	Cond	Cond								
P.M. SNACK:	Water				Water				Water											
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	WG Veggie Cracker	1/2PK	1/2PK	1 PK	Yogurt	1/4C	1/4C	1/2C	Corn loaf	1/2	1/2	1								
	Orange	1	1	1 1/2	Carrot Sticks	6	6	9	Apple	1/2	1/2	3/4								

(WW)=Whole wheat (WG)=Whole grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	All milk served is unflavored 12-23 months Whole Milk (unflavored) 24-60 months 1% Milk (unflavored) 5 years and older 1% Milk (unflavored) All canned fruit are drained Hot dogs are diced Raw carrots are steamed
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Menu for Week of: November 28th

2022

Meal	November 28th				November 29th				November 30th				December 1st				December 2nd				
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	
BREAKFAST:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Applesauce	1/4C	1/2C	1/2C	Pancakes WG	1	1	2	Rice Krispy	3/4C	3/4C	1 1/4C	Cheerios WG	1/2C	1/2C	1C	WG Bagel (or) WW Mini Bagel Cream Cheese	1/2 1	1/2 1	Whole 2	
	Egg patty	1	1	1	Pineapple	1/4C	1/2C	1/2C	Banana	1/2	1	1	Peaches	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C	
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Chicken Meatball	2	2	3	Beef Crumble	1oz	1.5oz	2oz	Chicken Gravy	1oz Cond	1.5oz Cond	2oz Cond	Turkey Ham WW Roll	1oz 1/2	1.5oz 1/2	2oz 1	Beef Crumbles WW tortilla Shredded Cheddar	1oz 1 Cond	1.5oz 1 Cond	2oz 2 Cond	
	Brown Rice	1/4C	1/4C	1/2C	WW				Mashed Potato	1/8C	1/4C	1/2C	Fruit Cocktail	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	
	Peaches	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C									
	Peas	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	WG Bread	1/2SL	1/2SL	1SL	Mixed Veg	1/8C	1/4C	1/2C	Romaine lettuce	1/4C	1/2C	1C	
P.M. SNACK:	Water				Water				Water				Water				Water				
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	String Cheese	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	WG Veggie Cracker	1/2PK	1/2PK	1 PK	WG Biscuit	1/2	1/2	1	Corn loaf	1/2	1/2	1	
	Wheat Cracker	8	8	16	Carrot Sticks	6	6	9	Orange	1	1	1 1/2	Sun butter	1 TBL	1 TBL	2 TBL	Apple	1/2	1/2	3/4	

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