



Week beginning November 5th – 9th, 2018

Meal Pattern	Date:	Date:	Date:	Date:	Date:
Breakfast: 1% Milk - 4oz/6oz Juice/Fruit/Veg.- ¼ cup/ ½ cup Bread/Cereal- ½ sl/ ½ sl/ ¼ cup 1/3 cup Other	milk	milk	milk	milk	milk
	Strawberries	Bananas	Applesauce	Bananas	Oranges
	Cheerios Cereal	Blueberry Muffins	WG Waffles	WG Bagels	Kix Cereal
			Syrup	Butter	
Lunch or Dinner 1% Milk- 4oz/ 6oz Meat/Meat Alt- 1oz/ 1½ oz. Veg. or Fruit- ¼ cup/ ½ cup Veg. or Fruit Pasta- ¼ cup/ ¼ cup Bread- ½ sl / ½ sl	milk	milk	milk	milk	milk
	Meatballs	Chicken Nuggets	Meatloaf	Fish Sticks	Turkey Hot Dogs
	Carrots	Corn	Mixed Veggies	Peas	Green Beans
	Applesauce	Mixed Fruit	Oranges	Peaches	Bananas
	WG Noodles w/Red Sauce	Brown Rice	WG Bread	Brown Rice	WG Noodles
PM Snack: * (select 2 items) 1% Milk- 4oz/ 4oz Meat/Meat Alt.- ½ oz/ ½ oz Juice/Fruit/Veg. ½ cup/½ cup Bread/Cereal- ½ sl/ ½ sl	Water		Water	Water	Milk
			Yogurt		
	Apples	Apple Juice	Bananas	Squeeze Fruit	
	Churros	Goldfish		Graham Crackers	Cheese-its

*Snack only.... Items *must be* from two (2) different ‘food component’ groups. In addition, if Milk is selected for one snack component - no Fruit/Veg. juice is allowed.



Week beginning

November 12th – 16th, 2018

Meal Pattern	Date:	Date:	Date:	Date:	Date:
Breakfast: 1% Milk - 4oz/6oz Juice/Fruit/Veg.- ¼ cup/ ½ cup Bread/Cereal- ½ sl/ ½ sl/ ¼ cup 1/3 cup Other	milk	milk	milk	milk	milk
	Oranges	Fruit Squeezers	Strawberries	Peaches	Mixed Fruit
	Cheerios Cereal	WG Pancakes	WG Bagels	Kix Cereal	WG Waffles
		Syrup	Butter		
Lunch or Dinner 1% Milk- 4oz/ 6oz Meat/Meat Alt- 1oz/ 1½ oz. Veg. or Fruit- ¼ cup/ ½ cup Veg. or Fruit Pasta- ¼ cup/ ¼ cup Bread- ½ sl / ½ sl	milk	milk	milk	milk	milk
	Turkey Sausage	Beef Patties	CN Chicken Nuggets	Beef Crumbles	Grilled Cheese
	Tator Tots	Broccoli	Green Beans	Corn	Mixed Veggies
	Apples	Mixed Fruit	Peaches	Oranges	Apple Sauce
	WG French Toast	WG Noodles	Brown Rice	WG Noodles w/Cheese Sauce	WG Bread
PM Snack: * (select 2 items) 1% Milk- 4oz/ 4oz Meat/Meat Alt.- ½ oz/ ½ oz Juice/Fruit/Veg. ½ cup/½ cup Bread/Cereal- ½ sl/ ½ sl	Water	Water	Milk	Water	
	Cheese Slices	Yogurt			
			Salsa	Fruit Squeezers	Apple Juice
	Pretzels	Graham Crackers	WG Tortilla Chips	WG Crackers	Corn Muffins

*Snack only.... Items *must be* from two (2) different ‘food component’ groups. In addition, if Milk is selected for one snack component - no Fruit/Veg. juice is allowed.



Week beginning

November 19th – 23rd, 2018

Meal Pattern	Date:	Date:	Date:	Date:	Date:
Breakfast: 1% Milk - 4oz/6oz Juice/Fruit/Veg.- ¼ cup/ ½ cup Bread/Cereal- ½ sl/ ½ sl/ ¼ cup 1/3 cup Other	milk	milk	milk	milk	milk
	Bananas	Strawberries	Bananas	Oranges	Bananas
	Kix Cereal	WG French Toast	Blueberry Muffins	WG Pancakes	Cheerios Cereal
		Syrup		Syrup	
Lunch or Dinner 1% Milk- 4oz/ 6oz Meat/Meat Alt- 1oz/ 1½ oz. Veg. or Fruit- ¼ cup/ ½ cup Veg. or Fruit Pasta- ¼ cup/ ¼ cup Bread- ½ sl / ½ sl	milk	milk	milk	milk	milk
	Fish Sticks	Meatballs	Turkey Hot Dogs	Meatloaf	WG CN Pizza
	Carrots	Mixed Veggies	Green Beans	Corn	Cook's Choice
	Mixed Fruit	Peaches	Applesauce	Mixed Fruit	Oranges
	Brown Rice	WG Noodles w/Red Sauce	WG Bread	WG Noodles	WG Pizza Crust
PM Snack: * (select 2 items) 1% Milk- 4oz/ 4oz Meat/Meat Alt.- ½ oz/ ½ oz Juice/Fruit/Veg. ½ cup/½ cup Bread/Cereal- ½ sl/ ½ sl			Water	Milk	Water
					Yogurt
	Apple Juice	Apples	Cheese Slices		Bananas
	Goldfish	Pretzels	WG Crackers	Cheese-its	

*Snack only.... Items *must be* from two (2) different 'food component' groups. In addition, if Milk is selected for one snack component - no Fruit/Veg. juice is allowed.



Week beginning

November 26th – 30th, 2018

Meal Pattern	Date:	Date:	Date:	Date:	Date:
Breakfast: 1% Milk - 4oz/6oz Juice/Fruit/Veg.- ¼ cup/ ½ cup Bread/Cereal- ½ sl/ ½ sl/ ¼ cup 1/3 cup Other	milk	milk	milk	milk	milk
	Apples	Bananas	Strawberries	Bananas	Oranges
	Kix Cereal	WG Waffles	Corn Muffins	WG Bagels	Cheerios Cereal
		Syrup		Butter	
Lunch or Dinner 1% Milk- 4oz/ 6oz Meat/Meat Alt- 1oz/ 1½ oz. Veg. or Fruit- ¼ cup/ ½ cup Veg. or Fruit Pasta- ¼ cup/ ¼ cup Bread- ½ sl / ½ sl	milk	milk	milk	milk	milk
	CN Chicken Nuggets	Grilled Cheese	Beef Crumbles	Turkey Sausage	Beef Patties
	Peas	Green Beans	Mixed Veggies	Tator Tots	Broccoli
	Mixed Fruit	Oranges	Bananas	Applesauce	Cook's Choice
	WG Bread	WG Bread	WG Noodles w/Cheese Sauce	WG French Toast	Brown Rice
PM Snack: * (select 2 items) 1% Milk- 4oz/ 4oz Meat/Meat Alt.- ½ oz/ ½ oz Juice/Fruit/Veg. ½ cup/½ cup Bread/Cereal- ½ sl/ ½ sl			Milk		Water
				Cheese Slices	Yogurt
	Fruit Squeezers	Apple Juice	Salsa		Bananas
	Graham Crackers	Goldfish	Tortilla Chips	Pretzels	

*Snack only.... Items *must be* from two (2) different 'food component' groups. In addition, if Milk is selected for one snack component - no Fruit/Veg. juice is allowed.