

November 2016

Water Available All Day

WG=Whole Grain WW=Whole Wheat

Monday	Tuesday	Wednesday	Thursday	Friday
	1 WW Banana Bread, Mandarin Oranges Non-Fat/ Whole Milk Chicken Burrito D-30, Corn, Salad, Non-Fat/ Whole Milk WG Wheat Thins & Pineapples	2 WW Cheese Toast, Peaches, Non-Fat/ Whole Milk Meatloaf, Carrots, Peas, Whole Wheat Rolls, Non-Fat/ Whole Milk Ritz Crackers & Fruit Cocktail	3 WW Cinnamon Toast, Pears, Non-Fat/ Whole Milk Chicken Salad, Salad, Broccoli, Saltine Crackers Oatmeal Cookie & Banana	4 WG Cereal, Blueberries, Non-Fat/ Whole Milk Parmesan Chicken, Green Beans, Salad, Non-Fat/ Whole Milk Animal Cracker & Apple
7 WG Cereal, Oranges, Non-Fat/ Whole Milk Stir Fry Chicken, Zucchini, Corn, Brown Rice, Non-Fat/ Whole Milk Goldfish & Applesauce	8 WW Cinnamon Raisin Bread, Mixed Berries, Non-Fat/ Whole Milk Taco Salad E-13, Green Beans, Salad, Non-Fat/ Whole Milk WG Woven Crackers & Apples	9 Oatmeal, Strawberries, Non-Fat/ Whole Milk Chicken Alfredo, broccoli & cheese, Cauliflower, Non-Fat/ Whole Milk WG Cereal Bar & Mandarin Oranges	10 Grits, Pineapples, Non-Fat/ Whole Milk Turkey on Whole Wheat Bread, mixed vegetables, Salad, Non-Fat/ Whole Milk Vanilla Wafers & Peaches	11 WG Cereal, Fruit Cocktail Non-Fat/ Whole Milk Mac and Cheese, Broccoli, Squash, Non-Fat/ Whole Milk Chez its & Pears
14 WG Cereal, Banana, Non-Fat/ Whole Milk Beef stew, Brown rice, green beans, Squash, Non-Fat/ Whole Milk Saltine Crackers & Blueberries	15 WW Bagel, Orange, Non-Fat/ Whole Milk Tortilla Roll-up F-07, Spinach Salad, Carrots, Non-Fat/ Whole Milk WW Graham Crackers & Applesauce	16 Pancake, Mixed Berries, Non-Fat/ Whole Milk Spaghetti Casserole, lima beans, salad, WG Roll, Non-Fat/ Whole Milk WG Wheat Thins & Apple	17 WW French Toast Strawberries, Non-Fat/ Whole Milk Hamburgers, Carrots, Peas, WW HB Bun, Non-Fat/ Whole Milk Ritz Crackers & Mandarin Oranges	18 WG Cereal, Pineapples, Non-Fat/ Whole Milk Turkey, Sweet Potatoes, Corn, WG Roll, Non-Fat/ Whole Milk Animal Crackers & Peaches
21 Fall/Winter Break Academy Closed	22 Fall/Winter Break Academy Closed	23 Fall/Winter Break Academy Closed	24 Fall/Winter Break Academy Closed	25 Fall/Winter Break Academy Closed
28 WG Cereal, Pineapples, Non-Fat/ Whole Milk Turkey on Whole Wheat Bread, mixed vegetables, Green Beans, Non-Fat/ Whole Milk Saltine Crackers & Peaches				