

# SPRING ED NOVEMBER 2023

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023
<b>AM SNACK:</b>					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable				Jelly	
Grain	Cereal	Pancakes	Oatmeal	WG Bagel	Vanilla Yogurt
Extra/Protein					
<b>LUNCH:</b>					
			Stuffed Crusts	Stir Fry	Ravioli
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit	Applesauce	Peaches	Diced Pears	Pineapple Tidbits	Applesauce
Vegetable	Diced Carrots	Peas	String Beans	Stir Fry Blend	Mixed veggies
Grain	Noodles with Marinara		Pizza Max Sticks	Rice	
Meat/Meat Alt		Sunbutter & Jelly Sand		Chicken Strips	WG Jumbo Ravioli
Extra			Marinara Sauce	Teriyaki sauce	
<b>PM SNACK:</b>					
Milk/Water					
Fruit	Fall				
Vegetable	Celebrations				
Grain		Graham Crackers	WG Goldfish Crackers	WG Apple Cinn Grahams	Soft Pretzel Rod
Meat/Meat Alternate					
Extra					
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/6/2023	11/7/2023	11/8/2023	11/9/2023	11/10/2023
<b>AM SNACK:</b>					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	
Fruit/Vegetable					
Grain	WG Toasted Oats Cereal	WG Blueberry Muffin	WG Waffle	Yogurt with Granola	
Extra/Protein					
<b>LUNCH:</b>					
	Breakfast for Lunch	Italian Beef Sandwich	Drummies	Crunchers	
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CLOSED for Teacher Training Day
Fruit	Diced Peaches	Fruit Cocktail	Diced Pears	Mandarin Oranges	
Vegetable	Hashbrown Potato Patty	Sweet Peas	Diced Carrots	Stringbeans	
Grain		WG Hot Dog Roll			
Meat/Meat Alt	Turkey Sausage	Beef Crumbles	Chicken Drumsticks	Pizza Crunchers	
Extra	Pancake	Marinara Sauce			
<b>PM SNACK:</b>					
	Cuke Sandwich	Cheese & Crackers	Zoo Dippers	Milk Dippers	
Milk/Water					
Fruit					
Vegetable	Cucumber Slices				
Grain	Flatbread Squares	Saltine Crackers	Animal Crackers	Vanilla Wafers	
Meat/Meat Alternate	Ranch	American Cheese Slices	Strawberry Yogurt		

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

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WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/13/2023	11/14/2023	11/15/2023	11/16/2023	11/17/2023
<b>AM SNACK:</b>					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable					
Grain	WG French Toast Sticks	WG Rice Crisp Cereal	English Muffin	WG Cereal Oatmeal Bar	WG Mini Spooner Cereal
Extra/Protein			Sunbutter		
<b>LUNCH:</b>					
	Grilled Cheese	Taco Tuesday	Cheeseburger	Chicken Patty	Thanksgiving Luncheon
Milk					
Fruit	Fruit Cocktail	Diced Pears	Diced Peaches	Pineapple Tidbits	
Vegetable	Broccoli	Corn	Tater Tots	Diced Carrots	Thanksgiving Luncheon
Grain		WG Tortilla	WG Hamburger Roll		All families welcome!
Meat/Meat Alt	Grilled Cheese	Turkey Taco Entrée	Cheeseburger	WG Breaded Chicken Patty	
Extra		Shredded Cheese			
<b>PM SNACK:</b>					
	Trix Cereal Parfait				Homemade Trailmix
Milk/Water					
Fruit		Applesauce			
Vegetable					
Grain	WG Trix Cereal	WG Pretzel Wheels	Cheezit Crackers	Wheat Crackers	Homemade Trailmix
Meat/Meat Alternate	Vanilla Yogurt			String Cheese	
Extra					

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/20/2023	11/21/2023	11/22/2023	11/23/2023	11/24/2023
<b>AM SNACK:</b>					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)		
Fruit/Vegetable					
Grain	WG Toasted Oats Cereal	WG Pancake	WG Rice Crisp Cereal		
Extra/Protein					
<b>LUNCH:</b>					
	BBQ Slider	Pizza	Cheesy Mac		
Milk				CLOSED for Thanksgiving	CLOSED
Fruit	Diced Pears	Applesauce	Diced Peaches		
Vegetable	Corn	Salad	Sweet Peas		
Grain	WG Slider Roll	Pizza	WG Elbow Macaroni		
Meat/Meat Alt	BBQ Shredded Chicken				
Extra	Cheese Sauce		Cheese Sauce		
<b>PM SNACK:</b>					
	Sushi Roll	Cuke Sandwich			
Milk/Water					
Fruit					
Vegetable		Cucumber Slices			
Grain	WG Tortilla	WG Flatbread	Shortbread Bites		
Meat/Meat Alternate	Sunbutter				
Extra		Ranch			

WEEK 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/27/2023	11/28/2023	11/29/2023	11/30/2023	12/1/2023

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.



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### AM SNACK:

<b>Milk</b>	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
<b>Fruit/Vegetable</b>					
<b>Grain</b>	Pancake	WG Spooner Cereal	WG Oatmeal Cereal Bar	Oatmeal	Cereal
<b>Extra/Protein</b>					

### LUNCH:

	<b>Pizza</b>	<b>Breakfast Sandwich</b>	<b>Chicken Dippers</b>	<b>Mom's Meatloaf</b>	
<b>Milk</b>	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
<b>Fruit</b>	Diced Pears	Applesauce	Mandarin Oranges	Diced Peaches	Mand Oranges
<b>Vegetable</b>	Stringbeans	Diced Carrots	Mixed Veggies	Mashed Potatoes	Green Beans
<b>Grain</b>	WG Pizza	WG English Muffin			Rice
<b>Meat/Meat Alt</b>		Turkey Sausage Patty	Chicken Nuggets	Meatloaf w/Ketchup Glaze	Chicken
<b>Extra</b>			Ketchup		

### PM SNACK:

<b>Milk/Water</b>					
<b>Fruit</b>	Apple Slices				
<b>Vegetable</b>					
<b>Grain</b>		WG Apple Cinn Grahams	Townhouse Crackers	WG Champ Bites	
<b>Meat/Meat Alternate</b>	Sunbutter		String Cheese		
<b>Extra</b>					Yogurt with Granola