

SPRING ED NOVEMBER 2023

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:			11/1/2023	11/2/2023	11/3/2023
AM SNACK:					
Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk
Grain	WG Cereal	WG Bagel	Oatmeal	WG French Toast	Vanilla Yogurt
Extra/Protein		Cream Cheese			
LUNCH:					
	Pizza Quesadilla	Taco Tuesday	Stuffed Crusts	Stir Fry	Ravioli
Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk
Fruit	Mixed Fruit	Tropical Fruit	Diced Pears	Pineapple Tidbits	Applesauce
Vegetable	Marinara Sauce	Corn	String Beans	Stir Fry Blend	Mixed veggies
Grain	WG Shell	WG Tortilla	Pizza Max Sticks	Rice	
Meat/Meat Alt	Cheese Pizza Quesadilla	Diced Chicken /Shredded Cheese		Chicken Strips	WG Jumbo Ravioli
Extra		Taco Seasoning	Marinara Sauce	Teriyaki sauce	
PM SNACK:					
Milk/Water					
Fruit					
Vegetable					
Grain	WG Granola Bites	WG Champs 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
AM SNACK:					
Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk
Grain	WG Toasted Oats Cereal	WG Blueberry Muffin	WG Waffle	WG Trix Cereal (Reduc Sug)	WG Pancake
Extra/Protein					
LUNCH:					
	Breakfast for Lunch	Italian Beef Sandwich	Chicken Drumsticks	Crunchers	Turkey Ham
Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk
Fruit	Diced Peaches	Fruit Cocktail	Diced Pears	Mandarin Oranges	Applesauce
Vegetable	Hashbrown Potato Patty	Sweet Peas	Diced Carrots	Stringbeans	Sweet Potato Bites
Grain	French Toast	WG Hot Dog Roll			Rice
Meat/Meat Alt	Scrambled Egg Round	Beef Crumbles	Chicken Drumsticks	Pizza Crunchers	Diced Turkey Ham
Extra		Marinara Sauce			
PM SNACK:					
	Cuke Sandwich	Cheese & Crackers	Zoo Dippers	Milk Dippers	
Milk/Water					
Fruit					
Vegetable	Cucumber Slices				
Grain	Flatbread Squares	Saltine Crackers	Animal Crackers	Vanilla Wafers	Pretzel Goldfish
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
AM SNACK:					
Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk
Grain	WG Waffle	WG Rice Crisp Cereal	English Muffin	WG Cereal Oatmeal Bar	WG Mini Spooner Cereal
Extra/Protein			Jelly		
LUNCH:					
	Grilled Cheese	Taco Tuesday	Cheeseburger	Chicken Patty	Pasta Friday
Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk
Fruit	Fruit Cocktail	Diced Pears	Diced Peaches	Pineapple Tidbits	Applesauce
Vegetable	Broccoli	Corn	Tater Tots	Diced Carrots	String Beans
Grain	Whole Grain Bread	WG Tortilla	WG Hamburger Roll		WG Pasta
Meat/Meat Alt	Cheese	Turkey Taco Entrée	Cheeseburger	WG Breaded Chicken Patty	
Extra		Shredded Cheese			Marinara Sauce
PM SNACK:					
	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
AM SNACK:					
Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	CLOSED	
Grain	WG Toasted Oats Cereal	WG Pancake	WG Rice Crisp Cereal		
Extra/Protein					
LUNCH:					
	BBQ Slider	Philly Cheesesteak	Cheesy Mac	CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY	
Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk		
Fruit	Diced Pears	Applesauce	Diced Peaches		
Vegetable	Corn	Rice	Sweet Peas		
Grain	WG Slider Roll	WG Hot Dog Roll	WG Elbow Macaroni		
Meat/Meat Alt	BBQ Shredded Chicken	Steak Meat			
Extra	Cheese Sauce	American Cheese	Cheese Sauce		
PM SNACK:					
	Banan Sushi Roll	Cuke Sandwich		CLOSED	
Milk/Water					
Fruit	1/2 Banana				
Vegetable		Cucumber Slices			
Grain	WG Tortilla	WG Flatbread	Shortbread Bites		
Meat/Meat Alternate	Sunbutter				
Extra		Ranch			

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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SPRING ED NOVEMBER 2023

WEEK 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/27/2023	11/28/2023	11/29/2023	11/30/2023	
AM SNACK:					
Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk
Grain	WG Apple Cinnamon Loaf	WG Spooner Cereal	WG Oatmeal Cereal Bar	Oatmeal	WG Muffin
Extra/Protein					
LUNCH:					
	Pizza	Breakfast Sandwich	Chicken Dippers	Mom's Meatloaf	Turkey & Cheese Wrap
Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk
Fruit	Diced Pears	Applesauce	Mandarin Oranges	Diced Peaches	Mandarin Oranges
Vegetable	Stringbeans	Diced Carrots	Mixed Veggies	Mashed Potatoes	Broccoli Bites
Grain	WG Pizza	WG English Muffin			WG Tortilla
Meat/Meat Alt		Turkey Sausage Patty	Chicken Nuggets	Meatloaf w/Ketchup Glaze	Sliced Turkey or Chicken
Extra			Ketchup		American Cheese
PM SNACK:					
Milk/Water					
Fruit	Apple Slices			Clementine	
Vegetable					
Grain		WG Apple Cinn Grahams	Townhouse Crackers	WG Champ Bites	Chex Mix
Meat/Meat Alternate	Sunbutter		String Cheese		
Extra					

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.