

November

2023



Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
30 Cereal Banana Milk ^{1*}	31 Hard Boiled Egg ² Whole wheat bread ³⁶ Pineapple Milk ^{1*}	01 Whole Wheat Pita Bread ³⁶ Cream Cheese ¹ Melon Milk ^{1*}	02 Oatmeal ¹ Raisins Orange Milk ^{1*}	03 Cereal Melon Milk ^{1*}
06 Cereal Orange Milk ^{1*}	07 Chicken Sausage Patty Pancake ¹²³⁶ Melon Milk ^{1*}	08 Yogurt ¹ Banana Milk ^{1*}	09 Oatmeal ¹ Raisins Pineapple Milk ^{1*}	10 CLOSED
13 Cereal Orange Milk ^{1*}	14 Hard Boiled Egg ² Whole wheat bread ³⁶ Banana Milk ^{1*}	15 Whole Wheat Pita Bread ³⁶ Cream Cheese ¹ Melon Milk ^{1*}	16 Oatmeal ¹ Raisins Pineapple Milk ^{1*}	17 Cereal Melon Milk ^{1*}
20 Cereal Orange Milk ^{1*}	21 Turkey Sausage Patty Whole grain waffle ¹²³⁶ Banana Milk ^{1*}	22 Yogurt ¹ Pineapple Milk ^{1*}	23 CLOSED	24 CLOSED
27 Cereal Orange Milk ^{1*}	28 Hard Boiled Egg ² Pancake ¹²³⁶ Pineapple Milk ^{1*}	29 Whole Wheat Pita Bread ³⁶ Cream Cheese ¹ Melon Milk ^{1*}	30 Oatmeal ¹ Raisins Banana Milk ^{1*}	01 Cereal Melon Milk ^{1*}

Notes: This menu is subject to change

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Lentils

*Milk: 1 yr-old children (Unflavored Whole Milk)
2-5 yrs-old (Unflavored 1% Milk)

This institution is an equal opportunity provider

Breakfast

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Monday	Tuesday	Wednesday	Thursday	Friday
30 Vegetarian Chili w/ tomatoes, peppers & corn ⁵ Brown rice Apple Milk* ¹	31 Beef Fried Rice w/ peas & carrots ⁶ Green Salad Melon Milk* ¹	01 Ethiopian Chickpeas w/ carrots & spinach ⁵ Brown rice Orange Milk* ¹	02 Chicken Stir Fry w/ zucchini ⁶ Green Salad Barley/Quinoa ³ Pineapple Milk* ¹	03 Beef Bolognesa w/ diced tomatoes Whole wheat pasta ³ Melon Milk* ¹
06 Black Beans ⁵ Green Salad Brown rice Apple Milk* ¹	07 Chicken Paella w/ green beans & peppers Cucumbers Orange Milk* ¹	08 Beef Stir Fry w/ green beans ⁶ Barley & Quinoa ³ Banana Milk* ¹	09 Chicken Pesto Pasta w/ tomatoes, cheese & spinach ¹³ Green Salad Pineapple Milk* ¹	10 <p style="text-align: center;">CLOSED</p>
13 Garbanzo Fried Rice w/ peas & carrots ⁵⁶ Green Salad Apple Milk* ¹	14 Baked ww ziti pasta w/ beef, cheese & diced tomatoes ¹³ Cucumbers Melon Milk* ¹	15 Lentils w/ carrots & spinach ⁷ Brown rice Pineapple Milk* ¹	16 Beef & corn tacos w/ tomatoes Lettuce & cheese ¹ Whole wheat tortilla ³⁶ Orange Milk* ¹	17 Chicken Legs ⁶ Corn Whole Wheat Roll ³⁶ Melon Milk* ¹
20 Mac & cheese ¹³ Green Salad Apple Milk* ¹	21 Beef Stir Fry w/ carrots ⁶ Barley & Quinoa ³ Banana Milk* ¹	22 Chicken Ratatouille w/zucchini,peppers & tomatoes Brown rice Orange Milk* ¹	23 <p style="text-align: center;">CLOSED</p>	24 <p style="text-align: center;">CLOSED</p>
27 Lentils w/ carrots & spinach ⁷ Brown rice Apple Milk* ¹	28 Chicken Alfredo w/ ww pasta & broccoli ¹³ Green Salad Melon Milk* ¹	29 Beef Fried Rice w/ peas & carrots ⁶ Cucumbers Orange Milk* ¹	30 Chicken Stir Fry w/ green beans ⁶ Green Salad Barley/Quinoa ³ Pineapple Milk* ¹	01 Ethiopian Chickpeas w/ carrots & spinach ⁵ Brown rice Melon Milk* ¹

Notes: This menu is subject to change

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Lentils

Green: Local Products

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2-5 yrs-old (Unflavored 1% Milk)

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Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
30 WW Graham Crackers ³⁶ Pineapple	31 Yogurt ¹ Orange	01 Apple Muffin ¹²³⁶ Melon	02 WW Honey Graham Crackers ³⁶ Strawberries	03 String Cheese ¹ Banana
06 WW Graham Crackers ³⁶ Pineapple	07 String Cheese ¹ Melon	08 Pretzels ³⁶ Orange	09 Apple Muffin ¹²³⁶ Banana	10 CLOSED
13 WW Graham Crackers ³⁶ Pineapple	14 Yogurt ¹ Banana	15 String Cheese ¹ Melon	16 WW Goldfish ¹³ Orange	17 Apple Muffin ¹²³⁶ Melon
20 String Cheese ¹ Banana	21 WW Graham Crackers ³⁶ Pineapple	22 Pretzels ³⁶ Pear	23 CLOSED	24 CLOSED
27 WW Graham Crackers ³⁶ Pineapple	28 Yogurt ¹ Melon	29 Apple Muffin ¹²³⁶ Orange	30 WW Honey Graham Crackers ³⁶ Banana	01 String Cheese ¹ Pear

Notes: This menu is subject to change

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Snack