

Menu for Week of November 21,2022

| Menu # 5 | | Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | | | | | |
|-----------|---|--|-------|---------|---------|---|---------|-----------|------|---|----------|-----------|-------|---------------------|---------|-----------|-----|-----|---------|--------|
| | | 1-2 | 3-5 | 6+ yrs. | 1-2 | 3-5 | 6+ yrs. | Food Item | 1-2 | 3-5 | 6+ yrs. | Food Item | 1-2 | 3-5 | 6+ yrs. | Food Item | 1-2 | 3-5 | 6+ yrs. | |
| Am Snack | Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE | Pineapple Orange Juice <i>Sub: 1% Milk</i> | 4oz | 6oz | 8oz | Strawberry Kiwi Juice <i>Sub: 1% Milk</i> | 4oz | 6oz | 8oz | Mixed Juice <i>Sub: 1% Milk</i> | 4oz | 6oz | 8oz | | | | | | | |
| | | Graham Cracker | 1/2 | 1/2 | 1/2 | String Cheese | 1/2 | 1/2 | 1 | Strawberry Yogurt Cup | 1 | 1 | 1 | Happy Thanksgiving! | | | | | | Closed |
| Breakfast | MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD | Cinnamon Toast (WG) Bread | 1 | 1 | 1 | French Toast Bake (HM) | 1 | 1 | 1 | Biscuit & Jelly | 1/2 | 1/2 | 1 | | | | | | | |
| | | Blueberries 1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i> | 1/4 c | 1/4 c | 1/2 c | strawberries 1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i> | 1/4 | 1/4 | 1/4 | Oranges 1% Milk <i>Sub: Almond , Oat or Lactaid Milk</i> | 2 | 4 | 4 | Happy Thanksgiving! | | | | | | Closed |
| Lunch | MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER | Hotdogs | 1 | 1 | 1 | Pepperoni Pizza | 1/2 | 1 | 1 | Roasted Turkey | 2oz | 2oz | 2oz | | | | | | | |
| | | WG bread | 1 | 1 | 1 | WG Crust | 1 | 1 | 1 | WG roll | 1/2 | 1/2 | 1 | Happy Thanksgiving | | | | | | |
| | | California Blend | 1/4c | 1/4 | 1/4 | Corn | 1/4c | 1/4c | 1/4c | Green Bean Cassrole | 1/4c | 1/4c | 1/2 c | | | | | | | Closed |
| | | Banana 1% Milk <i>Sub: Almond Milk</i> | 1/4c | 1/4c | 1/4c | Applesauce 1% Milk <i>Sub: Almond Milk</i> | 1/4c | 1/4c | 1/4c | Mashed Potatos and Gravy Pumpkin Bars 1% Milk <i>Sub: Almond Milk</i> | 1/4c | 1/4c | 1/4c | | | | | | | |
| PM Snack | Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE | Animal Crackers | 1/4 | 1/4 | 1/2 | Cheese-its | 1/4 | 1/4 | 1/2 | apple slices | 4 | 6 | 6 | | | | | | Closed | |
| | | 1% Milk <i>Sub: Almond Milk</i> | 4oz | 6oz | 8oz | 1% Milk <i>Sub: Almond Milk</i> | 4oz | 6oz | 8oz | Water | 4oz | 6oz | 8oz | Happy Thanksgiving | | | | | | |

Menu Prepared by: Danielle Williams

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Key
Allergy Substitutions are in *Italics*
(CN)-Child Nutrition Labels