- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
 HM: This item is homemade, not a prepackaged food item.

• HM:	This item is hom				
	Menu	1-2	3-5	6-12	November 1
	ltem	age	age	age	Friday
Breakfast	Milk	1/2	3/4	1	Milk
		сир	сир	сир	
	Fruit	1/4	1/2	1/2	Applesauce
	Vegetable	сир	сир	сир	
	Grains	½ S	-½ S	-1s	Whole Grain
	(oz eq)	or	or 1/2	or 1	Biscuits
	X 1 7	1/2	serv	serv	
		serv (1/2	(1/2	(1	
		oz)	oz)	oz)	
		- ,			
	Add.				Butter
					Duiler
	Food				
	option	17	2/		
Lunch	Milk	½ cup	3/4	1	Milk
			cup	cup	
	Vegetable	1/8 cup	1/4	1/2	Salad- (lettuce,
		cop	сир	сир	cabbage,
					carrots)
		1./0	17	1/4	inf/tods-lettuce
	Fruit	1/8 cup	1/4	1/4	Bananas
		1 oz	cup 1 ½	cup 2 oz	Disad Used
	Meat/	1 02	1 72 OZ	2 02	Diced Hard-
	alternative	17.5			boiled Egg
	Grains	1/2 S	1/2 S	1 s	Whole Grain
	(oz eq)	or ½	or 1/2	or	Dinner Roll
		serv	servi	servi	
		ing	ng	ng	
		(1/2	(1/2	(1 oz)	
		oz)	oz)	02)	
	Add.				Ranch Dressing
	Food				
	option				
Snack	Fluid	1/2	1⁄2	1	White Grape
		сир	сир	сир	Juice
	Fruit/	1/2	1/2	3⁄4	
	vegetable	сир	сир	сир	
	Grains	½ S	1⁄2 S	1 s	Baked Soft
	(oz eq)	or	or 1/2	or	Pretzels
	(02 04)	1/2	serv	serv	
		serv	(1/2	(1	
		(1/2 oz)	oz)	oz)	
		02)	· ·	· ·	

	Menu	1-2	3-5	6-12	November 4	November 5	November 6	November 7	November 8
	ltem	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	½ cup	3⁄4 CUP	l cup	Milk		Milk	Milk	Milk
	Fruit	1/4	1/2	1/2	Mandarin	CLOSED	Pineapple	Blueberries	Applesauce
	Vegetable	cup	сир	cup	Oranges				
	Grains	1⁄2 S	-½ S	-1s or	Kix Cereal		Cheerios	Rice Chex	Whole Grain
	(oz eq)	or ½	or ½	1 serv			Cereal	Cereal	French Toast
		serv	serv	(1					Sticks
		(1/2	(1/2	oz)					
	Add.	oz)	oz)						
	Food								
	option								
Lunch	Milk	1/2	3/4	1	Milk		Milk	Milk	Milk
	Vegetable	cup 1/8	cup 1/4	cup 1/2	Creen		Chow and	Com	Daga
	vegelable	cup	CUP	cup	Green		Stewed Tomatoes	Corn	Peas
	Fruit	1/8	1/4	1/4	Beans Peaches		Apple Slices	Mixed Fruit	Bananas
	rion	cup	cup	cup	reaches		Apple slices	Mixed Fibli	Bananas
	Meat/	1 oz	1 1/2	2 oz	Egg Salad	CLOSED	Macaroni	Diced	Chicken
	alternative		OZ		(diced hard-		and Cheese	Chicken	Salad
					boiled egg, mustard,		(whole grain	and Salsa	(Chicken,
					mayo, dill)		macaroni, cheddar		light mayo, dill)
							cheese, milk)		
	Grains	½ s or	½ s or	1 s or serv	Whole		Whole Grain	Whole	Whole
	(oz eq)	1/2	1/2	(1	Wheat		Macaroni	Wheat	Wheat
		serv	serv	oz)	Bread			Tortilla	Bread
		(1/2 oz)	(1/2 oz)						
	Add.	02/	02/						
	Food								
	option								
Snack	Fluid	½ cup	½ CUP	1 cup	Apple Juice		Water	Milk	Orange Juice
	Fruit/	1/2	1/2	3/4					
	vegetable	cup	cup	сир					
	Grains	1/2 S	1/2 S	1 s or	Whole Grain	CLOSED	Flat Bread	Cheez-it	Whole Grain
	(oz eq)	or ½	or ½	serv (1	Bean and		and Cheddar	Crackers	Graham
		serv	serv	oz)	Veggie		Cheese		Cracker
		(1/2	(1/2		Crackers		Cubes		Goldfish
		oz)	oz)	l					

	Menu	1-2	3-5	6-12	November 11	November 12	November 13	November 14	November 15
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2 CUP	3⁄4 CUP	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¹ / ₄ CUP	½ CUP	¹ ⁄₂ cup	Blueberries	Apple Slices	Mango	Orange Slices	Bananas
	Grains (oz eq)	¹ / ₂ s or serv ing (1/2 oz)	1/2 s or 1/2 serv ing (1/2 oz)	-1s or 1 serv ing (1 oz)	Bran Flakes Cereal	Whole Grain Croissants	Life Cereal	Multi-Grain Cheerios Cereal	Rice Chex Cereal
	Add. Food option					Apple Butter			
Lunch	Milk	1/2	3⁄4	1	Milk	Milk	Milk	Milk	Milk
	Vegetable	сир 1/8 сир	cup 1/4 cup	cup 1/2 cup	Mashed Potatoes	Lima Beans	Diced Carrots	Stewed Tomatoes	Zucchini
	Fruit	1/8 cup	¹⁄₄ cup	¹¼ cup	Mandarin Oranges	Peaches	Pineapple	Mixed Fruit	Pears
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Diced Chicken and Gravy	Turkey Sausage Patty Melt (turkey sausage, whole grain English muffin, cheddar cheese)	Sweet and Sour Chicken (Diced Chicken, Sweet and Sour Sauce)	Grilled Cheese (Whole Wheat Bread, Sliced Cheddar Cheese)	Tuna Salad (tuna, mayo, dill)
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Grain Dinner Roll	Whole Grain English Muffin	Whole Grain Slider Roll	Whole Wheat Bread	Whole Wheat Pita
	Add. Food option								
Snack	Fluid	1½ CUP	½ cup	1 cup	Water	Milk	Orange Juice	Apple Juice	Milk
	Fruit/ vegetable	½ cup	½ CUP	³⁄₄ CUP					
	Grains (oz eq	¹ / ₂ s or ¹ / ₂ serv (¹ / ₂ oz)	¹ / ₂ s or ¹ / ₂ serv (1/2 oz)	1 s or serv (1 oz)	Townhouse crackers and Soy Nut Butter	Apple Cinnamon Whole Grain Squares	Triscuit Crackers	Whole Grain Cheddar Goldfish	Animal Crackers

	Menu	1-2	3-5	6-12	November 18	November 19	November 20	November 21	November 22
	ltem	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	½ cup	³⁄₄ CUP	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	1/4 CUP	½ CUP	¹ / ₂ cup	Blueberries	Pears	Applesauce	Strawberries	Apple slices
	Grains (oz eq)	¹ / ₂ s or serv (1/2 oz)	¹ / ₂ s or ¹ / ₂ serv (1/2	ls or l serv (1 oz)	Corn Flakes Cereal	Kix Cereal	Whole Wheat Bagels	Rice Chex Cereal	Cheerios Cereal
	Add. Food option		oz)				Cream Cheese		
Lunch	Milk	½ CUP	³⁄₄ CUP	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Diced Potatoes (potatoes, olive oil, oregano)	Carrots	Mixed Vegetables	Cucumber Slices
	Fruit	1/8 cup	¹⁄₄ cup	1/4 cup	Mixed Fruit	Peaches	Pineapple	Mandarin Oranges	Bananas
	Meat/ alternative	1 oz	1 ½ OZ	2 oz	Scrambled Eggs	Turkey Burger	Chicken Teriyaki (diced chicken, teriyaki sauce, broccoli)	BBQ Ground Turkey	Sliced Turkey
	Grains (oz eq)	¹ / ₂ s or ¹ / ₂ serv (1/2 oz)	¹ / ₂ s or ¹ / ₂ serv (1/2 oz)	1 s or serv (1 oz)	Whole Wheat Tortilla	Whole Wheat Hamburger Bun	Whole Grain Slider Roll	Whole Grain Dinner Roll	Whole Wheat Bread
	Add. Food option					Ketchup			Mustard
Snack	Fluid	½ cup	½ CUP	1 cup	Water	Milk	Orange Juice	Water	White Grape Juice
	Fruit/ vegetable	½ cup	½ cup	3⁄4 CUP					
	Grains (oz eq)	¹ / ₂ s or ¹ / ₂ serv (1/2 oz)	¹ / ₂ s or ¹ / ₂ serv (1/2 oz)	1 s or serv (1 oz)	Pretzels and Sliced Cheddar Cheese (infants/tods- Baked Soft Pretzels)	Graham Crackers	Multi-Grain Club Crackers	Triscuits and Cheddar Cheese Cubes	Whole Grain Bean and Veggie Crackers

	Menu Item	1-2	3-5	6-12	November 25	November 26	November 27	November 28	November 29
		age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	½ cup	³⁄₄ cup	1 cup					
	Fruit	1/4	1/2	1/2	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	Vegetable	сир	сир	сир					
	Grains (oz	1/2	-½ S	-1s					
	eq)	serv - 1/4	or ½ serv	or 1 serv					
		cup	-1/3	-3/4					
		or	cup	cup					
		1/3	or ½	or					
		OZ -1⁄4	OZ - 1⁄4	1 oz - ½					
		CUP	CUP	CUP					
		0	cop	cop					
	Add. Food option								
Lunch	Milk	1/2	3/4	1					
		сир	сир	сир					
	Vegetable	1/8 cup	1/4 cup						
	Fruit	1/8	1/4	1/4					
		сир	сир	сир					
	Meat/ alternative	1 oz	1 ½ oz	2 oz	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	Grains (oz	½ s	½ s	1 s					
	eq)	or ½	or 1⁄2	or					
		serv	serv	serv					
	Add. Food								
^	option	17	17	1					
Snack	Fluid	½ cup	½ cup	1 cup					
	Fruit/	1/2	1/2	3/4					
	vegetable	сир	cup	сир					
	Grains (oz	1/2 S	1/2 S	1 s	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	eq)	or ½ serv	or ½ serv	or serv					
		3014	3014	3614					