

Breakfast	Minimum Serving			October/November				
				31	1	2	3	4
	1-2 Years	3-5 Years	6-12 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Milk, Fluid	4 oz	6 oz	8 oz.	Milk	Milk	Milk	Milk	Milk
Juice, Fruit, or Vegetable	1/4 cup	1/2 cup	1/2 Cup	Peaches	Applesauce	Mandarin Oranges	Pineapple	Pears
Grains/Bread Dry Cereal	1/2 Slice 1/4 cup	1/2 Slice 1/3 Cup	1 Slice 3/4 Cup	Dry Cereal	Dry Cereal	Dry Cereal	Dry Cereal	Dry Cereal

November				
7	8	9	10	11
Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk
Pineapple	Applesauce	Banana	Pears	Peaches
Toast	Dry Cereal	Dry Cereal	Dry Cereal	Dry Cereal

Lunch	1-2 Years	3-5 Years	6-12 Years	Monday	Tuesday	Wednesday	Thursday	Friday	
	Milk, Fluid	4 oz	6 oz	8 oz.	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternative	1 oz	1 1/2 oz	2 oz	Spaghetti with Meat Sauce	Chicken Nuggets (CN) 3/5/5	Turkey	Fish Nuggets (CN) 3/6/6	Pizza (CN) 1/2 / 1 / 1
	Fruit and/or Vegetable and/or Juice (2 servings total)	1/4 cup	1/2 cup	3/4 Cup	Peas Pineapple	Tater Tots Mandarin Oranges	Mashed Potatoes Pears	Carrots Applesauce	Green Beans Mixed Fruit
Grains/Bread Dry Cereal	1/2 Slice 1/4 cup	1/2 Slice 1/4 Cup	1 Slice 1/2 Cup			Roll			

Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk
Sloppy Joe	Beef & Noodles	Hot Ham & Cheese Sandwich	Chicken & Cheese Quesadilla	Hot Dog (CN) 1/2 / 1 / 1
California Blend Applesauce	Green Beans Pineapple	Carrots Pears	Salsa Peaches	French Fries Mixed Fruit
Bun				Bun

Snack	1-2 Years	3-5 Years	6-12 Years	Monday	Tuesday	Wednesday	Thursday	Friday	
	Milk, Fluid	4 oz	6 oz	8 oz.	Water	Milk	Water	Milk	Milk
	Meat or Meat Alternative	1/2 oz	1/2 oz	1 oz	Cheese Stick 1/2 / 1/2 / 1			Peanut Butter (Extra)	
	Fruit and/or Vegetable and/or Juice	1/2 cup	1/2 cup	3/4 cup			Salsa		Pizza Sauce (extra)
Grains/Bread Dry Cereal	1/2 Slice 1/4 cup	1/2 Slice 1/3 Cup	1 Slice 3/4 Cup	Café Crackers (5/5/9)	Dry Cereal	Taco Chips	Mini Bagel	Breadsticks (1/2 / 1/2 / 1)	

Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Water		Water	Milk
	Jell-O Fruit Cocktail (HM)	100% Apple Juice	Banana	
Vanilla Wafers (5/5/9)	Hi Ho Crackers (4/4/8)	Pretzels (7/7/14)	Café Crackers (5/5/9)	Animal Crackers 5/5/9

Breakfast	Minimum Serving			November				
				14	15	16	17	18
	1-2 Years	3-5 Years	6-12 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Milk, Fluid	4 oz	6 oz	8 oz.	Milk	Milk	Milk	Milk	Milk
Juice, Fruit, or Vegetable	1/4 cup	1/2 cup	1/2 Cup	Mandarin Oranges	Peaches	Pineapple	Pears	Applesauce
Grains/Bread Dry Cereal	1/2 Slice 1/4 cup	1/2 Slice 1/3 Cup	1 Slice 3/4 Cup	Dry Cereal	Toast	Dry Cereal	Dry Cereal	Dry Cereal

November				
21	22	23	24	25
Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk		
Mandarin Oranges	Pears	Applesauce	CENTER	CENTER
Dry Cereal	Dry Cereal	Toast	CLOSED	CLOSED

Lunch	1-2 Years	3-5 Years	6-12 Years	Monday	Tuesday	Wednesday	Thursday	Friday	
	Milk, Fluid	4 oz	6 oz	8 oz.	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternative	1 oz	1 1/2 oz	2 oz	Tuna Casserole	Taco, Meat, Cheese Pile Up/ Soft Tacos for Infants	Chicken Patty (CN) 1/2 / 1 / 1	Grilled Cheese Sandwich	Goulash, Meat, Macaroni and Spaghetti Sauce
	Fruit and/or Vegetable and/or Juice (2 servings total)	1/4 cup	1/2 cup	3/4 Cup	Peas Pineapple	Mixed Vegetables Applesauce	Tater Tots Pears	Tomato Soup Peaches	Green Beans Mixed Fruit
Grains/Bread Dry Cereal	1/2 Slice 1/4 cup	1/2 Slice 1/4 Cup	1 Slice 1/2 Cup			Bun			

Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk		
Hamburger	Macaroni & Cheese (HM)	Vegetable Beef Soup (HM)	IN	IN
Tater Tots Applesauce	Green Beans Peaches	Pears	OBSERVANCE	OBSERVANCE
Bun		Dinner Roll	OF	OF

Snack	1-2 Years	3-5 Years	6-12 Years	Monday	Tuesday	Wednesday	Thursday	Friday	
	Milk, Fluid	4 oz	6 oz	8 oz.		Milk		Milk	Water
	Meat or Meat Alternative	1/2 oz	1/2 oz	1 oz					Cheese Stick 1/2 / 1/2 / 1
	Fruit and/or Vegetable and/or Juice	1/2 cup	1/2 cup	3/4 cup	100% White Grape Juice		100% Apple Juice		
Grains/Bread Dry Cereal	1/2 Slice 1/4 cup	1/2 Slice 1/3 Cup	1 Slice 3/4 Cup	Snack Mix (1/2 bag - all)	Dry Cereal	Tortilla Chips	Pop Tarts 1/1/2	Hi Ho Crackers (4/4/8)	

Monday	Tuesday	Wednesday	Thursday	Thursday
Milk	Milk	Water		
			THANKS-GIVING	THANKS-GIVING
	Salsa	Grapes		
Graham Crackers 1/1/2 (packages)	Taco Chips	Café Crackers (5/5/9)		

Breakfast	Minimum Serving			November/December				
				28	29	30	1	2
	1-2 Years	3-5 Years	6-12 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Milk, Fluid	4 oz	6 oz	8 oz.	Milk	Milk	Milk	Milk	Milk
Juice, Fruit, or Vegetable	1/4 cup	1/2 cup	1/2 Cup	Applesauce	Mixed Fruit	Banana	Peaches	Mandarin Oranges
Grains/Bread Dry Cereal	1/2 Slice 1/4 cup	1/2 Slice 1/3 Cup	1 Slice 3/4 Cup	Dry Cereal	Dry Cereal	Dry Cereal	Toast	Dry Cereal

Lunch	1-2 Years	3-5 Years	6-12 Years	Monday	Tuesday	Wednesday	Thursday	Friday	
	Milk, Fluid	4 oz	6 oz	8 oz.	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternative	1 oz	1 1/2 oz	2 oz	Spaghetti with Meat Sauce	Ham	Sausage Patty	Beans & Wieners (CN)	Fish Nuggets (CN) 3/6/6
	Fruit and/or Vegetable and/or Juice (2 servings total)	1/4 cup	1/2 cup	3/4 Cup	California Medley Peaches	Mashed Potatoes Peas	Hash brown Peas	Applesauce	Green Beans Mixed Fruit
Grains/Bread Dry Cereal	1/2 Slice 1/4 cup	1/2 Slice 1/4 Cup	1 Slice 1/2 Cup		Biscuit 1/1/2	Pancakes	Cornbread		

Snack	1-2 Years	3-5 Years	6-12 Years	Monday	Tuesday	Wednesday	Thursday	Friday	
	Milk, Fluid	4 oz	6 oz	8 oz.	Milk	Milk	Water	Milk	Water
	Meat or Meat Alternative	1/2 oz	1/2 oz	1 oz			Yogurt		Cheese Cubes
	Fruit and/or Vegetable and/or Juice	1/2 cup	1/2 cup	3/4 cup	Pizza Sauce (extra)			Banana	
Grains/Bread Dry Cereal	1/2 Slice 1/4 cup	1/2 Slice 1/3 Cup	1 Slice 3/4 Cup	Breadsticks (1/2 / 1/2 / 1)	Animal Crackers 5/5/9	Hi Ho Crackers (4/4/8)		Double Cross Crackers (3/3/6)	