

JPA Menu for November 2024

Breakfast All Weeks

Menu Item / Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	
Grain	Cheerios	Cinnamon Chex	Corn Flakes	Corn Chex	Honey Scooter	1 oz bowls
Fruit	Diced Peaches	Banana	Mandarin Cup	Raisin	Apple	Min 1/2 cup a day
Drink	Low Fat or No Fat Milk	Low Fat or No Fat Milk	Low Fat or No Fat Milk	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day

November Lunch Menu

November	4	5	6	7	8	
Grain	WW Bread	WW Bread Cheese Sandwich	WW Pasta	WW Cheese Lasagna	Half Challah Roll	Min 1 oz a day
Meat/Meat Alternate	Fish Sticks+Slice of Cheese		Meat Sauce		Egg	Min 1.5 oz a day
Vegetable	Fries	Cucumbers/Pepper	Cucumbers/Pepper	Cucumbers/Pepper	Cucumbers/Pepper	Min 1/4 cup a day
Fruit	Grapes	Apple	Honeydew	Cantaloupe	Watermelon	Min 1/4 cup a day
Drink	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day
November	11	12	13	14	15	
Grain	Rice	Alex's Pizza	WW Burger Bun	Baked Ziti	Half Challah Roll	Min 1 oz a day
Meat/Meat Alternate	Chicken		Burger		American Cheese or Peanut Butter	Min 1.5 oz a day
Vegetable	Green Beans	Chickpea Salad	Fries	Cucumbers/Pepper	Cucumbers/Pepper	Min 1/4 cup a day
Fruit	Grapes	Apple	Pineapple	Cantaloupe	Watermelon	Min 1/4 cup a day
Drink	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day
November	18	19	20	21	22	
Grain	WW Bread	No School - Parent Conferences	WW Pasta	WW Cheese Lasagna	Half Challah Roll	Min 1 oz a day
Meat/Meat Alternate	Fish Sticks+Slice of Cheese		Meat Sauce		Egg	Min 1.5 oz a day
Vegetable	Fries		Cucumbers/Pepper	Cucumbers/Pepper	Cucumbers/Pepper	Min 1/4 cup a day
Fruit	Grapes		Honeydew	Cantaloupe	Watermelon	Min 1/4 cup a day
Drink	100% Apple Juice		100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day
November	25	26	27	28	29	
Grain	Rice	WW Bread Cheese Sandwich	No School - Thanksgiving Break	No School - Thanksgiving Break	No School - Thanksgiving Break	Min 1 oz a day
Meat/Meat Alternate	Chicken					Min 1.5 oz a day
Vegetable	Green Beans	Cucumbers/Pepper				Min 1/4 cup a day
Fruit	Grapes	Apple				Min 1/4 cup a day
Drink	100% Apple Juice	Low Fat or No Fat Milk				6 oz per day

*Reminder: Please do not send dairy snacks/food on days when chicken/meat is served.

This institution is an equal opportunity provider and employer.