			Breakfast All Weel	(S		
Menu Item / Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	
Grain	Honey Scooter	Cinnamon Chex	Raisin Bran	Cinnamon Chex	Honey Scooter	Min 1 Oz daily
Protein		American Cheese & Slice of Bread		American Cheese & Slice of Bread		1 oz bread, .75 oz cheese on days serv
Fruit	Apple+Diced Peaches	Banana+Raisin	Orange+Mandarin Cup	Apple+Diced Peaches	Banana+Raisin	Min 1 cup daily
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	8 oz Daily
			November Lunch Me	enu		
November	4	5	6	7	8	
Washing Day?	Yes	Yes	No	No	Yes	
Grain	WW Bread	- WW Bread Cheese Sandwich	WW Pasta	WW Cheese Lasagna	Challah Roll	Min 1 oz daily. 8-9 per week
Meat/Meat Alternate	Fish Sticks		Meat Sauce		Egg - 2	Min 1 oz daily. 9-10 per week
Vegetable	Fries	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	Chickpea Salad	min 3/4 cups daily
Fruit	Grapes	Apple	Honeydew	Cantaloupe	Watermelon	Min 1/2 cup daily
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	8 oz Daily
November	11	12	13	14	15	
Washing Day?	Yes	Yes	No	No	Yes	
Grain	Rice	Alex's Pizza	WW Burger Bun	Baked Ziti	Challah Roll	Min 1 oz daily. 8-9 per week
Meat/Meat Alternate	Chicken		Burger		American Cheese or Peanut Butter	Min 1 oz daily. 9-10 per week
Vegetable	Green Beans	Chickpea Salad	Fries	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	min 3/4 cups daily
Fruit	Grapes	Apple	Pineapple	Cantaloupe	Watermelon	Min 1/2 cup daily
		Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	8 oz Daily
Drink	100% Apple Juice	Eow r at or No r at Millit				
Drink November	100% Apple Juice 18	19	20	21	22	
				21 No	22 Yes	
November	18	19	20	No		Min 1 oz daily. 8-9 per week
November Washing Day?	18 Yes	19 No School -	20 No		Yes	Min 1 oz daily. 8-9 per week Min 1 oz daily. 9-10 per week
November Washing Day? Grain	18 Yes WW Bread	19 No School - Parent	20 No WW Pasta	No	Yes Challah Roll	
November Washing Day? Grain Meat/Meat Alternate	18 Yes WW Bread Fish Sticks	19 No School -	20 No WW Pasta Meat Sauce	No WW Cheese Lasagna	Yes Challah Roll Egg - 2	Min 1 oz daily. 9-10 per week
November Washing Day? Grain Meat/Meat Alternate Vegetable	18 Yes WW Bread Fish Sticks Fries	19 No School - Parent	20 No WW Pasta Meat Sauce Tomatoes+Cucumbers+Pepper	No WW Cheese Lasagna Tomatoes+Cucumbers+Pepper	Yes Challah Roll Egg - 2 Chickpea Salad	Min 1 oz daily. 9-10 per week min 3/4 cups daily
November Washing Day? Grain Meat/Meat Alternate Vegetable Fruit	18 Yes WW Bread Fish Sticks Fries Grapes	19 No School - Parent	20 No WW Pasta Meat Sauce Tomatoes+Cucumbers+Pepper Honeydew	No WW Cheese Lasagna Tomatoes+Cucumbers+Pepper Cantaloupe	Yes Challah Roll Egg - 2 Chickpea Salad Watermelon	Min 1 oz daily. 9-10 per week min 3/4 cups daily Min 1/2 cup daily
November Washing Day? Grain Meat/Meat Alternate Vegetable Fruit Drink	18 Yes WW Bread Fish Sticks Fries Grapes 100% Apple Juice	19 No School - Parent Conferences	20 No WW Pasta Meat Sauce Tomatoes+Cucumbers+Pepper Honeydew 100% Apple Juice	No WW Cheese Lasagna Tomatoes+Cucumbers+Pepper Cantaloupe Low Fat or No Fat Milk	Yes Challah Roll Egg - 2 Chickpea Salad Watermelon Low Fat or No Fat Milk	Min 1 oz daily. 9-10 per week min 3/4 cups daily Min 1/2 cup daily
November Washing Day? Grain Meat/Meat Alternate Vegetable Fruit Drink November	18 Yes WW Bread Fish Sticks Fries Grapes 100% Apple Juice 25	19 No School - Parent Conferences 26 Yes	20 No WW Pasta Meat Sauce Tomatoes+Cucumbers+Pepper Honeydew 100% Apple Juice 27	No WW Cheese Lasagna Tomatoes+Cucumbers+Pepper Cantaloupe Low Fat or No Fat Milk 28	Yes Challah Roll Egg - 2 Chickpea Salad Watermelon Low Fat or No Fat Milk 29	Min 1 oz daily. 9-10 per week min 3/4 cups daily Min 1/2 cup daily
November Washing Day? Grain Meat/Meat Alternate Vegetable Fruit Drink November Washing Day?	18 Yes WW Bread Fish Sticks Fries Grapes 100% Apple Juice 25 Yes	19 No School - Parent Conferences 26	20 No WW Pasta Meat Sauce Tomatoes+Cucumbers+Pepper Honeydew 100% Apple Juice 27 No School -	No WW Cheese Lasagna Tomatoes+Cucumbers+Pepper Cantaloupe Low Fat or No Fat Milk 28 No School -	Yes Challah Roll Egg - 2 Chickpea Salad Watermelon Low Fat or No Fat Milk 29 No School -	Min 1 oz daily. 9-10 per week min 3/4 cups daily Min 1/2 cup daily 8 oz Daily
November Washing Day? Grain Meat/Meat Alternate Vegetable Fruit Drink November Washing Day? Grain	18 Yes WW Bread Fish Sticks Fries Grapes 100% Apple Juice 25 Yes Rice	19 No School - Parent Conferences 26 Yes	20 No WW Pasta Meat Sauce Tomatoes+Cucumbers+Pepper Honeydew 100% Apple Juice 27	No WW Cheese Lasagna Tomatoes+Cucumbers+Pepper Cantaloupe Low Fat or No Fat Milk 28	Yes Challah Roll Egg - 2 Chickpea Salad Watermelon Low Fat or No Fat Milk 29	Min 1 oz daily. 9-10 per week min 3/4 cups daily Min 1/2 cup daily 8 oz Daily Min 1 oz daily. 8-9 per week
November Washing Day? Grain Meat/Meat Alternate Vegetable Fruit Drink November Washing Day? Grain Meat/Meat Alternate	18 Yes WW Bread Fish Sticks Fries Grapes 100% Apple Juice 25 Yes Rice Chicken	19 No School - Parent Conferences 26 Yes WW Bread Cheese Sandwich	20 No WW Pasta Meat Sauce Tomatoes+Cucumbers+Pepper Honeydew 100% Apple Juice 27 No School -	No WW Cheese Lasagna Tomatoes+Cucumbers+Pepper Cantaloupe Low Fat or No Fat Milk 28 No School -	Yes Challah Roll Egg - 2 Chickpea Salad Watermelon Low Fat or No Fat Milk 29 No School -	Min 1 oz daily. 9-10 per week min 3/4 cups daily Min 1/2 cup daily 8 oz Daily Min 1 oz daily. 8-9 per week Min 1 oz daily. 9-10 per week