

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Mixed Fruit & HM or IFF	IFC or Yogurt Diced Peaches & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
Lunch	WG Biscuits & Gravy SIDES: Country Vegetables Applesauce HM or IFF	Bean Burrito Bowl w/ Cilantro Lime Rice SIDES: Corn Diced Peaches HM or IFF	Baked Chicken Breast SIDES: Green Beans Mandarin Oranges  HM or IFF	WG Macaroni & Cheese with Ham SIDES: Steamed Broccoli Applesauce HM or IFF	Cheesy Scrambled Eggs SIDES: Carrot Coins Mixed Fruit HM or IFF
PM	HM or IFF, Peas, WG Tortilla	HM or IFF, Country Veggies, Graham Cracker	HM or IFF, Corn, WG Flatbread	HM or IFF, Green Beans, Ritz Crackers	HM or IFF, Diced Pears, WG Bread Slice
	9 - National Chicken Sandwich Day	10	11	12	13
Brkfst	IFC or Cottage Cheese Applesauce & HM or IFF	IFC or Cheese Cubes Mandarin Oranges & HM or IFF	IFC or Cottage Cheese Sliced Peaches & HM or IFF	IFC or Hard Boiled Egg Diced Pears & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
Lunch	Baked Chicken Breast  SIDES: Corn Mixed Fruit HM or IFF	Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Diced Pears HM or IFF	Salisbury Steak SIDES: Mashed Potatoes 1/2 Banana HM or IFF	Cottage Cheese SIDES: Carrot Coins Pineapple Tidbits HM or IFF	Baked Chicken Breast & Buttered Noodles SIDES: Steamed Broccoli Diced Peaches HM or IFF
PM	HM or IFF, Carrot Coins, Ritz Crackers	HM or IFF, Applesauce, Saltines	HM or IFF, Peas, WG Graham Cracker	HM or IFF, Mixed Fruit, WG Goldfish	HM or IFF, Carrot Coins, WG Tortilla
	16	17	18	19	20
Brkfst	IFC or Sliced Turkey Pineapple Tidbits & HM or IFF	IFC or Strawberry Banana Smoothie Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Banana & HM or IFF
Lunch	Hamburger on WG Bread SIDES: Steamed Peas Cooked Apple Slices HM or IFF	Chicken with Tortilla SIDES: Black Beans Apricots HM or IFF	Baked Chicken Breast SIDES: Corn Diced Pears HM or IFF	Hard Boiled Egg & Buttered Noodles SIDES: Glazed Carrots 1/2 Banana  HM or IFF	Yogurt SIDES: Steamed Broccoli Applesauce HM or IFF
PM	HM or IFF, Peas, WG Graham Cracker	HM or IFF, Peas, WG Flatbread	HM or IFF, Black Beans, WG Goldfish	HM or IFF, Corn, Ritz Crackers	HM or IFF, Carrot Coins, Saltines
	23	24 - THANKSGIVING MEAL	25 - NO SCHOOL, SJW & HG ONLY	26 - THANKSGIVING, NO SCHOOL	27 - NO SCHOOL
Brkfst	IFC or Cottage Cheese Applesauce & HM or IFF Sloppy Joe on WG Bread	IFC or Hard Boiled Egg Diced Pears & HM or IFF Chicken and Gravy over Mashed Potatoes	IFC or Yogurt Cinnamon Apples & HM or IFF Plain Meatballs		
Lunch	SIDES: Baked Beans Diced Peaches HM or IFF	SIDES: Mashed Potatoes Applesauce  HM or IFF	SIDES: Stir Fry Vegetables Pineapple Tidbits HM or IFF		
PM	HM or IFF, Broccoli, Club Crackers	HM or IFF, Baked Beans, Breadstick	HM or IFF, Peaches & WG Crackers		
	30	December 1	2	3	4
Brkfst	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Yogurt Banana & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Cinnamon Applesauce & HM or IFF
Lunch	Baked Chicken Breast SIDES: Steamed Peas Applesauce HM or IFF	Soft Shell Beef Taco on WG Tortilla SIDES: Refried Beans Diced Peaches HM or IFF	Cottage Cheese SIDES: Island Vegetables Mandarin Oranges HM or IFF	Roast Beef SIDES: Mashed Potatoes Pineapple Tidbits HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Carrot Coins Diced Pears HM or IFF
PM	HM or IFF, Green Beans, WG Goldfish	HM or IFF, Peas, Tortilla	HM or IFF, Refried Beans, WG Chex Cereal	HM or IFF, Island Veggies, Saltines	HM or IFF, Mixed Fruit, Graham Cracker

*Menu Subject to Change Without Notice

IFC- Iron Fortified Cereal

HM - Human Milk IFF - Iron Fortified Formula

*This institution is an equal opportunity provider.