

| 1-Dec | | 2-Dec | | 3-Dec | | 4-Dec | |
|---------|-------------------------|--------|----------------------------|---------|------------------------|--------|--------------------------------|
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1.7 oz. | WG Cereal Bar | 1/3 c. | Toasted O's Cereal | 1.5 oz. | WG Blueberry Muffin | 1/3 c. | WG Golden Grahams Cereal |
| 1/2 c. | Diced Peaches | 1/2 | Fresh Banana | 4 | Fresh Orange Wedges | 1/2 c. | Fruit Cocktail |
| 5 oz | Mac & Cheese | 2.5 oz | Chicken & Gravy | 3 oz | Beef Sloppy Joe | 3 oz | Turkey Ham & Cheese |
| 1/3c | Green Beans | 1/3c | Rice | 1/3c | Bun | 2 | Bread |
| 1/3c | Pineapple | 1/3c | Peas | 1/3c | Carrots | 1/2c | Salad |
| | | 1/3c | Fruit Cocktail | 1/3c | Peas | 1/3c | Cinnamon Applesauce |
| 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk |
| 1/2 c. | Applesauce | 1/2 c. | WG Torilla Chips/Salsa | 1/2 c. | Fresh Melon | 1/2 c. | Diced Strawberries |
| 1 oz. | WG Graham Crackers | 1 oz. | Cheddar Cheese | 1 oz. | Cheez-its Crackers | 1/3 c. | Vanilla Yogurt |

| 7-Dec | | 8-Dec | | 9-Dec | | 10-Dec | | 11-Dec | |
|--------|--------------------------|---------|------------------------------|--------|----------------------------|---------|----------------------------|--------|-----------------------|
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1/2 c. | Raisin Bran Cereal | 2 oz. | WG Banana Muffin Loaf | 1/2 c. | Corn Flake Cereal | 1.5 oz. | Enriched Raisin Bread/Marg | 1/3 c. | Frosted Mini Wheats |
| 4 | Fresh Apple Wedges | 1/2 c. | Mandarin Oranges | 1/2 c. | Cinnamon Applesauce | 1/2 c. | Tropical Fruit | 1/2 c. | Fresh Melon |
| 4 oz | Pasta w/Meatballs | 2 oz | Breaded Chicken Patty | 2 oz | S & S Meatballs | 3 oz | Chicken & Gravy | 5 oz | Cheese Ravioli |
| 1/3c | Peas | 1 | Bun | 1/3c | Rice | 1/3c | Noodles | 1/2c | Salad |
| 1/2 | Bananas | 1/3c | Carrots | 1/3c | Broccoli | 1/3c | Green Beans | 1/2 | Bananas |
| | | 1/3c | Tropical Fruit | 1/3c | Pineapple | 1/3c | Peaches | | |
| 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk |
| 1/2 c. | Sliced Pears | 1/2 c. | Peaches | 1 oz. | Enriched Pretzel Sticks | 1/2 c. | Sliced Cucumbers/Ranch | 1/2c | Mandarin Oranges |
| 1 oz. | WG Goldfish Crackers | 1.7 oz. | WG Cereal Bar | 1 oz. | String Cheese | 1 oz. | WG Wheat Roll | 1 oz. | Vanilla Wafers |

TODDLER PORTIONS

MEAT 1 oz.
 VEGETABLE/FRUIT 1/4 c.
 GRAIN 1/4 c.
 MILK 1/2 c.

SCHOOL AGE PORTIONS

MEAT 2 oz.
 VEGETABLE/FRUIT 3/4 c.
 GRAIN 1/2 c.
 MILK 1 c.

| 14-Dec | | 15-Dec | | 16-Dec | | 17-Dec | | 18-Dec | |
|--------|-------------------------|---------|------------------------------------|-----------|------------------------|----------|----------------------------|--------|-----------------------|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1/3 c. | Crispy Rice Cereal | 1/3 c. | Cinnamon Granola Bar | 1/3 c. | Toasted O's Cereal | 1.5 oz. | Chocolate Oatmeal Bar | 1/3 c. | WG Corn Puffs Cereal |
| 1/2 c. | Fruit Cocktail | 1/2 c. | Sliced Pears | 1/2 | Fresh Banana | 1/2 c. | Pineapple Tidbits | 1/2 c. | Diced Peaches |
| 2 oz | Chicken Nuggets | 3 oz | Salisbury Steak & Gravy | 6 oz | Chicken Burrito | 3 oz | Turkey & Cheese | 5 oz | Cheese Ravioli |
| 1 | Bread | 1/3c | Buttered Noodles | 1 | Tortilla Shell | 2 | Bread | 1/3c | Broccoli |
| 1/3c | Mashed Potatoes | 1/3c | Green Beans | 1/3c | Carrots | 1/2c | Salad | 1/3c | Fruit Cocktail |
| 1/3c | Applesauce | 1/3c | Tropical Fruit | 1/3c | Oranges | 1/2 | Bananas | | |
| 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk |
| 1/2 c. | Pineapple Tidbits | 1/2 c. | Fresh Kiwifruit | 4 | Fresh Apple Wedges | 1/2c | Applesauce | 1 oz. | String Cheese |
| 1 oz. | Enriched Chex Snack Mix | 1 oz. | WG Sun Chips | 1 oz. | Enriched Teddy Grahams | 1.6 oz. | WG Cereal Bar | 1 oz | Wheat Crackers |

| 21-Dec | | 22-Dec | | 23-Dec | | 24-Dec | | 25-Dec | |
|--------|------------------------|---------|-------------------------|--------|--------------------------|---------|-----------------------------------|--------|--|
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | | |
| 1/3 c. | Special K Cereal | 1.5 oz. | Cinn. Bread/Margarine | 1/3 c. | WG Granola | 1.5 oz. | WG Banana Muffin | | |
| 1/2 c. | Pineapple Tidbits | 1/2 c. | Mandarin Oranges | 1/2 c. | Fresh Melon | 1/2 c. | Cinnamon Applesauce | | |
| 2 oz | Beef Patty | 5 oz | Mac & Cheese | | Chicken Parmasean | 2 oz | Beef Meatballs & Sauce | | |
| 1 oz | Cheese | 1/3c | Peas | 1/3c | Buttered Noodles | 1 | Bun | | |
| 1 | Bun | 1/3c | Applesauce | 1/3c | Green Beans | 1/2c | Salad | | |
| 1/3c | Hash Browns | | | 1/3c | Pears | 1/2 | Banana | | |
| 1/3c | Tropical Fruit | | | | | | | | |
| 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | | |
| 1/2 c. | Diced Peaches | 1/2 | Fresh Banana | 1/2 c. | Baby Carrots/Ranch | 4 | Fresh Apple Wedges | | |
| 1 oz. | Enriched Mini Pretzels | 1 oz. | WG Goldfish Crackers | 1 oz. | Wheat Crackers | 5 | Vanilla Wafers | | |

| 28-Dec | | 29-Dec | | 30-Dec | | 31-Dec | | 1-Jan | |
|--------|-----------------------------------|---------|-----------------------------------|--------|------------------------|---------|--------------------------------|-------|--|
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | | |
| 1/3 c. | WG Life Cereal | 1.7 oz. | WG Cereal Bar | 1/3 c. | Toasted O's Cereal | 1.5 oz. | WG Blueberry Muffin | | |
| 1/2 c. | Tropical Fruit | 1/2 c. | Diced Peaches | 1/2 | Fresh Banana | 4 | Fresh Orange Wedges | | |
| 5 oz | Cheese Ravioli & Sauce | 2 oz | Beef Meatballs & Gravy | 2 oz | Chicken Nuggets | 3 oz | Turkey Ham & Cheese | | |
| 1/3c | Peas | 1/3c | Rice | 1/3c | Mashed Potatoes | 2 | Bread | | |
| 1/3c | Pineapple | 1/3c | Broccoli | 1/3c | Fruit Cocktail | 1/2c | Salad | | |
| | | 1/3c | Pears | | | 1/2 | Bananas | | |
| 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | 6 oz | Whole/1% Milk | | |
| 1/2 | Fresh Banana | 1/2 c. | Applesauce | 1/2 c. | WG Torilla Chips/Salsa | 1/2 c. | Fresh Melon | | |
| 1/3 c. | Enriched Animal Crackers | 1 oz. | WG Graham Crackers | 1 oz. | Cheddar Cheese | 1 oz. | Cheez-its Crackers | | |

TODDLER PORTIONS

MEAT 1 oz.
 VEGETABLE/FRUIT 1/4 c.
 GRAIN 1/4 c.
 MILK 1/2 c.

SCHOOL AGE PORTIONS

MEAT 2 oz.
 VEGETABLE/FRUIT 3/4 c.
 GRAIN 1/2 c.
 MILK 1 c.

FOODSERVICE MENU

NOV-DEC

| 2-Nov | | 3-Nov | | 4-Nov | | 5-Nov | | 6-Nov | |
|--------|--------------------------------|---------|----------------------|-----------|--------------------------|--|------------------------------|--------|----------------------------------|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1/3 c. | WG Life Cereal | 1.7 oz. | WG Cereal Bar | 1/3 c. | Toasted O's Cereal | 1.5 oz. | WG Blueberry Muffin | 1/3 c. | WG Golden Grahams Cereal |
| 1/2 c. | Tropical Fruit | 1/2 c. | Diced Peaches | 1/2 | Fresh Banana | 4 | Fresh Orange Wedges | 1/2 c. | Fruit Cocktail |
| 3 oz. | Chicken Patty and Gravy | 1.5 oz. | Sausage Links | 3 oz. | Swedish Meatballs | 2.5 oz. | Chicken Parmesan Bake | 3 oz. | Salisbury Steak and Gravy |
| 1/3 c. | Glazed Carrots | 1.5 oz. | French Toast Slice | 1/3 c. | WG Noodles | (Diced Chicken, Rotini, Spaghetti Sauce, Shred Mozzarella) | | 1/3 c. | Mashed Potatoes |
| | | 2.5 oz. | Hash Brown | 1/3 c. | Peas | | | | |
| 4 | Fresh Apple Wedges | 1/3 c. | Mandarin Oranges | 1/3 c. | Sliced Pears | 1/3 c. | Green Beans | 1/3 c. | Diced Peaches |
| 1 | WG Wheat Roll/Margarine | | Syrup | | | 1/3 c. | Pineapple Tidbits | 1 | WG Wheat Roll/Margarine |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole 1% Milk |
| 1/2 | Fresh Banana | 1/2 c. | Applesauce | 1/2 c. | WG Torilla Chips/Salsa | 1/2 c. | Fresh Melon | 1/2 c. | Diced Strawberries |
| 1/3 c. | Enriched Animal Crackers | 1 oz. | WG Graham Crackers | 1 oz. | Cheddar Cheese | 1 oz. | Cheez-its Crackers | 1/3 c. | Vanilla Yogurt |

| 9-Nov | | 10-Nov | | 11-Nov | | 12-Nov | | 13-Nov | |
|--------|----------------------------|---------|-----------------------|--------|-------------------------|---------|---------------------------------|--------|-------------------------|
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1/2 c. | Raisin Bran Cereal | 2 oz. | WG Banana Muffin Loaf | 1/2 c. | Corn Flakes Cereal | 1.5 oz. | Enriched Raisin Bread/Marg | 1/3 c. | Frosted Mini Wheats |
| 1/2 c. | Pineapple Tidbits | 1/2 c. | Mandarin Oranges | 1/2 c. | Strawberry Applesauce | 1/2 c. | Tropical Fruit | 1/2 c. | Fresh Melon |
| 6 oz. | Macaroni and Cheese | 5 oz. | Pizza Pocket | 3 oz. | Chicken Alfredo | 3 oz. | WG Breaded Chicken Patty | 6 oz. | Chili with Beans |
| 1/3 c. | Broccoli | 1/3 c. | Mixed Vegetables | 1/3 c. | WG Pasta | 1 | Enriched Wheat Bun | 1 oz. | Cornbread |
| 4 | Fresh Apple Wedges | | | 1/3 c. | Green Beans | 1/3 c. | Cauliflower/Cheese Sauce | 1/3 c. | Carrots |
| | | 1/3 c. | Fresh Melon | 1/3 c. | Mandarin Oranges | 1/3 c. | Diced Peaches | 1/3 c. | Applesauce |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole 1% Milk |
| 1/2 c. | Sliced Pears | 1/2 c. | Whole/1%Milk | 1 oz. | Enriched Pretzel Sticks | 1/2 c. | Sliced Cucumbers/Ranch | 4 | Fresh Orange Wedges |
| 1 oz. | WG Goldfish Crackers | 1.7 oz. | WG Cereal Bar | 1 oz. | String Cheese | 1 oz. | WG Wheat Roll | 1 oz. | Vanilla Wafers |

| 16-Nov | | 17-Nov | | 18-Nov | | 19-Nov | | 20-Nov | |
|---------|-------------------------|--------|------------------------|--------|------------------------|---|----------------------------|--------|--------------------------|
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1/3 c. | Crispy Rice Cereal | 1/3 c. | Cinnamon Granola Bar | 1/3 c. | Toasted O's Cereal | 1.5 oz. | Chocolate Oatmeal Bar | 1/3 c. | WG Corn Puffs Cereal |
| 1/2 c. | Fruit Cocktail | 1/2 c. | Sliced Pears | 1/2 | Fresh Banana | 1/2 c. | Pineapple Tidbits | 1/2 c. | Diced Peaches |
| 3 oz. | Turkey ala King | 3 oz. | Sloppy Joe Meat | 2 oz. | Chicken Strips | 6 oz. | Stuffed Pepper Stew | 3 oz. | Chicken Paprikash |
| 1.4 oz. | Enriched Biscuit | 1/3 c. | Tater Tots | 1/3 c. | WG Macaroni and Cheese | (Ground Beef, Rice, Bell Peppers, Tomato Sauce) | | 1/3 c. | WG Noodles |
| 1/3 c. | Peas | | | 1/3 c. | Carrots | | | 1/3 c. | Broccoli |
| 4 | Fresh Apple Wedges | 1/3 c. | Mandarin Oranges | 1/3 c. | Applesauce | 1/4 c. | Sweet Corn | 1/2 | Fresh Banana |
| | | 1 | WG Wheat Bread | | | 1/3 c. | Fruit Cocktail | | |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1/2 c. | Pineapple Tidbits | 1/2 c. | Diced Strawberries | 1/2 c. | Mandarin Oranges | 6 oz. | Whole/1% Milk | 1 oz. | String Cheese |
| 1 oz. | Enriched Chex Snack Mix | 1 oz. | Pound Cake | 1 oz. | Enriched Teddy Grahams | 1.6 oz. | WG Oatmeal Bar | 4 oz. | Macaroni Salad |

TODDLER PORTIONS

MEAT 1 oz.
 VEGETABLE/FRUIT 1/4 c.
 GRAIN 1/4 c.
 MILK 1/2 c.

SCHOOL AGE PORTIONS

MEAT 2 oz.
 VEGETABLE/FRUIT 3/4 c.
 GRAIN 1/2 c.
 MILK 1 c.

FOODSERVICE MENU

NOV-DEC

| 23-Nov | | 24-Nov | | 25-Nov | | 26-Nov | | 27-Nov | |
|--------|--|---------|---|-----------|--|----------|--------------|---------|---|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | | | 6 oz. | Whole/1% Milk |
| 1/3 c. | Special K Cereal | 1.5 oz. | Cinn. Bread/Margarine | 1/3 c. | WG Granola | | | 1/2 c. | WG Corn Chex Cereal |
| 1/2 c. | Pineapple Tidbits | 1/2 c. | Mandarin Oranges | 1/2 c. | Fresh Melon | | | 1/2 c. | Sliced Pears |
| 6 oz. | Beef and Pasta <small>(Seasoned Ground Beef, WG Noodles Spaghetti Sauce)</small> | 6 oz. | Chicken Burrito <small>(Diced Chicken, Brown Rice, Black Beans Corn, Taco Sauce, Cheddar, Flour Tortilla)</small> | 2 oz. | Sliced Turkey and Gravy 1 Cornbread Stuffing | | HAPPY | 6 oz. | Turkey Tetrazzini <small>(Julienne Turkey, Noodles, Chicken Gravy, Parmesan Cheese)</small> |
| 1/3 c. | Broccoli | 1/3 c. | Green Beans | 1/3 c. | Mashed Potatoes | | THANKSGIVING | 1/3 c. | Peas and Carrots |
| 4 | Fresh Apple Wedges | 1/3 c. | Pineapple Chunks | 1/4 c. | Succotash | | | 1/2 | Fresh Banana |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | | | 6 oz. | Whole 1% Milk |
| 1/2 c. | Diced Peaches | 1/2 | Fresh Banana | 1/2 c. | Baby Carrots/Ranch | | | 1/2 c. | Vanilla Yogurt |
| 1 oz. | Enriched Mini Pretzels | 1 oz. | Oatmeal Cookie | 1 oz. | Wheat Crackers | | | 1.5 oz. | WG Granola Bar |

| 30-Nov | | 1-Dec | | 2-Dec | | 3-Dec | | 4-Dec | |
|--------|--------------------------------|---------|----------------------|--------|--------------------------|---------|---|--------|----------------------------------|
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1/3 c. | WG Life Cereal | 1.7 oz. | WG Cereal Bar | 1/3 c. | Toasted O's Cereal | 1.5 oz. | WG Blueberry Muffin | 1/3 c. | WG Golden Grahams Cereal |
| 1/2 c. | Tropical Fruit | 1/2 c. | Diced Peaches | 1/2 | Fresh Banana | 4 | Fresh Orange Wedges | 1/2 c. | Fruit Cocktail |
| 3 oz. | Chicken Patty and Gravy | 1.5 oz. | Sausage Links | 3 oz. | Swedish Meatballs | 2.5 oz. | Chicken Parmesan Bake <small>(Diced Chicken, Rotini, Spaghetti Sauce, Shred Mozzarella)</small> | 3 oz. | Salisbury Steak and Gravy |
| 1/3 c. | Glazed Carrots | 1.5 oz. | French Toast Slice | 1/3 c. | WG Noodles | | | 1/3 c. | Mashed Potatoes |
| | | 2.5 oz. | Hash Brown | 1/3 c. | Peas | | | | |
| 4 | Fresh Apple Wedges | 1/3 c. | Mandarin Oranges | 1/3 c. | Sliced Pears | 1/3 c. | Green Beans | 1/3 c. | Diced Peaches |
| 1 | WG Wheat Roll/Margarine | | Syrup | | | 1/3 c. | Pineapple Tidbits | 1 | WG Wheat Roll/Margarine |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole 1% Milk |
| 1/2 | Fresh Banana | 1/2 c. | Applesauce | 1/2 c. | WG Torilla Chips/Salsa | 1/2 c. | Fresh Melon | 1/2 c. | Diced Strawberries |
| 1/3 c. | Enriched Animal Crackers | 1 oz. | WG Graham Crackers | 1 oz. | Cheddar Cheese | 1 oz. | Cheez-its Crackers | 1/3 c. | Vanilla Yogurt |

| 7-Dec | | 8-Dec | | 9-Dec | | 10-Dec | | 11-Dec | |
|--------|----------------------------|---------|-----------------------|--------|-------------------------|---------|---------------------------------|--------|-------------------------|
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1/2 c. | Raisin Bran Cereal | 2 oz. | WG Banana Muffin Loaf | 1/2 c. | Corn Flakes Cereal | 1.5 oz. | Enriched Raisin Bread/Marg | 1/3 c. | Frosted Mini Wheats |
| 1/2 c. | Pineapple Tidbits | 1/2 c. | Mandarin Oranges | 1/2 c. | Strawberry Applesauce | 1/2 c. | Tropical Fruit | 1/2 c. | Fresh Melon |
| 6 oz. | Macaroni and Cheese | 5 oz. | Pizza Pocket | 3 oz. | Chicken Alfredo | 3 oz. | WG Breaded Chicken Patty | 6 oz. | Chili with Beans |
| 1/3 c. | Broccoli | 1/3 c. | Mixed Vegetables | 1/3 c. | WG Pasta | 1 | Enriched Wheat Bun | 1 oz. | Cornbread |
| 4 | Fresh Apple Wedges | | | 1/3 c. | Green Beans | 1/3 c. | Cauliflower/Cheese Sauce | 1/3 c. | Carrots |
| | | 1/3 c. | Fresh Melon | 1/3 c. | Mandarin Oranges | 1/3 c. | Diced Peaches | 1/3 c. | Applesauce |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole 1% Milk |
| 1/2 c. | Sliced Pears | 1/2 c. | Whole/1%Milk | 1 oz. | Enriched Pretzel Sticks | 1/2 c. | Sliced Cucumbers/Ranch | 4 | Fresh Orange Wedges |
| 1 oz. | WG Goldfish Crackers | 1.7 oz. | WG Cereal Bar | 1 oz. | String Cheese | 1 oz. | WG Wheat Roll | 1 oz. | Vanilla Wafers |

TODDLER PORTIONS

MEAT 1 oz.
VEGETABLE/FRUIT 1/4 c.
GRAIN 1/4 c.
MILK 1/2 c.

SCHOOL AGE PORTIONS

MEAT 2 oz.
VEGETABLE/FRUIT 3/4 c.
GRAIN 1/2 c.
MILK 1 c.

FOODSERVICE MENU

NOV-DEC

| 14-Dec | | 15-Dec | | 16-Dec | | 17-Dec | | 18-Dec | |
|---------|-------------------------|---------|------------------------|-----------|------------------------|----------|---|--------|--------------------------|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1/3 c. | Crispy Rice Cereal | 1/3 c. | Cinnamon Granola Bar | 1/3 c. | Toasted O's Cereal | 1.5 oz. | Chocolate Oatmeal Bar | 1/3 c. | WG Corn Puffs Cereal |
| 1/2 c. | Fruit Cocktail | 1/2 c. | Sliced Pears | 1/2 | Fresh Banana | 1/2 c. | Pineapple Tidbits | 1/2 c. | Diced Peaches |
| 3 oz. | Turkey ala King | 3 oz. | Sloppy Joe Meat | 2 oz. | Chicken Strips | 6 oz. | Stuffed Pepper Stew | 3 oz. | Chicken Paprikash |
| 1.4 oz. | Enriched Biscuit | 1/3 c. | Tater Tots | 1/3 c. | WG Macaroni and Cheese | | (Ground Beef, Rice, Bell Peppers, Tomato Sauce) | 1/3 c. | WG Noodles |
| 1/3 c. | Peas | 1/3 c. | Mandarin Oranges | 1/3 c. | Carrots | 1/4 c. | Sweet Corn | 1/3 c. | Broccoli |
| 4 | Fresh Apple Wedges | 1/3 c. | WG Wheat Bread | 1/3 c. | Applesauce | 1/3 c. | Fruit Cocktail | 1/2 | Fresh Banana |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk |
| 1/2 c. | Pineapple Tidbits | 1/2 c. | Diced Strawberries | 1/2 c. | Mandarin Oranges | 6 oz. | Whole/1% Milk | 1 oz. | String Cheese |
| 1 oz. | Enriched Chex Snack Mix | 1 oz. | Pound Cake | 1 oz. | Enriched Teddy Grahams | 1.6 oz. | WG Cereal Bar | 4 oz. | Macaroni Salad |

| 21-Dec | | 22-Dec | | 23-Dec | | 24-Dec | | 25-Dec | |
|--------|--|---------|--|--------|-------------------------|---------|--------------------------|--------|-----------|
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | | |
| 1/3 c. | Special K Cereal | 1.5 oz. | Cinn. Bread/Margarine | 1/3 c. | WG Granola | 1.5 oz. | WG Banana Muffin | | |
| 1/2 c. | Pineapple Tidbits | 1/2 c. | Mandarin Oranges | 1/2 c. | Fresh Melon | 1/2 c. | Strawberry Applesauce | | |
| 6 oz. | Beef and Pasta | 6 oz. | Chicken Burrito | 2 oz. | Beef Patty | 2 oz. | Glazed Turkey Ham | | |
| | (Seasoned Ground Beef, WG Noodles Spaghetti Sauce) | | (Diced Chicken, Brown Rice, Black Beans Corn, Taco Sauce, Cheddar, Flour Tortilla) | 1 | American Cheese Slice | 1 | Cornbread Stuffing | | MERRY |
| 1/3 c. | Broccoli | 1/3 c. | Green Beans | 1/3 c. | Tater Tots | 1/3 c. | Mashed Potatoes | | CHRISTMAS |
| 4 | Fresh Apple Wedges | 1/3 c. | Pineapple Chunks | 1/2 | Fresh Banana | 1/4 c. | Green Beans | | |
| 6 oz. | Whole/1% Milk | 1/3 c. | WG Wheat Roll/Margarine | 1 | WG Wheat Roll/Margarine | 1/3 c. | Applesauce | | |
| 1/2 c. | Diced Peaches | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | | |
| 1 oz. | Enriched Mini Pretzels | 1/2 | Fresh Banana | 1/2 c. | Baby Carrots/Ranch | 1/2 c. | Mandarin Oranges | | |
| | | 1 oz. | Oatmeal Cookie | 1 oz. | Wheat Crackers | 5 | Vanilla Wafers | | |

| 28-Dec | | 29-Dec | | 30-Dec | | 31-Dec | | 1-Jan | |
|--------|--------------------------------|---------|------------------------|--------|--------------------------|---------|--|-------|----------|
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | | |
| 1/3 c. | WG Life Cereal | 1.7 oz. | WG Cereal Bar | 1/3 c. | Toasted O's Cereal | 1.5 oz. | WG Blueberry Muffin | | |
| 1/2 c. | Tropical Fruit | 1/2 c. | Diced Peaches | 1/2 | Fresh Banana | 4 | Fresh Orange Wedges | | |
| 3 oz. | Chicken Patty and Gravy | 1.5 oz. | Sausage Links | 3 oz. | Swedish Meatballs | 2.5 oz. | Chicken Parmesan Bake | | |
| 1/3 c. | Glazed Carrots | 1.5 oz. | French Toast Slice | 1/3 c. | WG Noodles | | (Diced Chicken, Rotini, Spaghetti Sauce, Shred Mozzarella) | | HAPPY |
| 4 | Fresh Apple Wedges | 2.5 oz. | Hash Brown | 1/3 c. | Peas | 1/3 c. | Green Beans | | NEW YEAR |
| 1 | WG Wheat Roll/Margarine | 1/3 c. | Mandarin Oranges Syrup | 1/3 c. | Sliced Pears | 1/3 c. | Pineapple Tidbits | | |
| 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | 6 oz. | Whole/1% Milk | | |
| 1/2 | Fresh Banana | 1/2 c. | Applesauce | 1/2 c. | WG Torilla Chips/Salsa | 1/2 c. | Fresh Melon | | |
| 1/3 c. | Enriched Animal Crackers | 1 oz. | WG Graham Crackers | 1 oz. | Cheddar Cheese | 1 oz. | Cheez-its Crackers | | |

TODDLER PORTIONS

MEAT 1 oz.
 VEGETABLE/FRUIT 1/4 c.
 GRAIN 1/4 c.
 MILK 1/2 c.

SCHOOL AGE PORTIONS

MEAT 2 oz.
 VEGETABLE/FRUIT 3/4 c.
 GRAIN 1/2 c.
 MILK 1 c.

Unitized AM/PM Snack Menu

NOV/DEC

| 2-Nov | | 3-Nov | | 4-Nov | | 5-Nov | | 6-Nov | |
|--------|------------------------|---------|-----------------------|-----------|-------------------|----------|---------------------|--------|-----------------------|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| 2 oz. | Strawberry Oatmeal Bar | 2 oz. | Chex Yogurt Snack Mix | 2 oz. | Very Berry Muffin | 2 oz. | Super Donut | 2 oz. | Cinnamon Roll |
| 3/4 c. | 100% Apple Juice | 1 | Fresh Banana | 3/4 c. | 100% Orange Juice | 1 | Fresh Apple | 3/4 c. | 100% Apple Juice |
| 3/4 c. | Cucumbers/Ranch | 3/4 c. | 100% Fruit Punch | 1 | Banana | 3/4 c. | Ranch Pasta Salad | 3/4 c. | Fresh Orange Wedges |
| 2 oz. | WG Goldfish Crackers | 2 oz. | Teddy Grahams | 2 oz. | Rice Cakes | 2 oz. | 100% Tropical Juice | 2 oz. | Bagel w/ Cream Cheese |

| 9-Nov | | 10-Nov | | 11-Nov | | 12-Nov | | 13-Nov | |
|--------|------------------|--------|-----------------------|--------|-----------------------|--------|---------------------|--------|-------------------|
| 2 oz. | Banana Muffin | 2 oz. | NutriGrain Bar | 2 oz. | Bagel w/ Cream Cheese | 2 oz. | Apple Granola Bar | 2 oz. | Honey Oat Grahams |
| 3/4 c. | 100% Apple Juice | 1 | Fresh Banana | 1 | 100% Fruit Punch | 3/4 c. | 100% Orange Juice | 1 | Fresh Apple |
| 3/4 c. | Fresh Apple | 3/4 c. | Tomato Cucumber Salad | 3/4 c. | 100% Fruit Punch | 1 | Fresh Orange Wedges | 1 | Fresh Banana |
| 2 oz. | Teddy Grahams | 2 oz. | Wheat Roll/Margarine | 2 oz. | Sun Chips | 2 oz. | Cheez-its Crackers | 2 oz. | Mini Pretzels |

| 16-Nov | | 17-Nov | | 18-Nov | | 19-Nov | | 20-Nov | |
|--------|-------------------|--------|--------------------------|--------|--------------------|--------|-----------------------------|--------|---------------------|
| 2 oz. | Cinnamon Roll | 2 oz. | French Toast Snack | 2 oz. | Banana Muffin | 2 oz. | Chex Yogurt Snack Mix | 2 oz. | Fruit and Grain Bar |
| 3/4 c. | 100% Apple Juice | 1 | Fresh Orange | 3/4 c. | Diced Peaches | 1 | Fresh Banana | 1 | Fresh Apple |
| 1 | Fresh Apple | 3/4 c. | Celery Sticks/Sun Butter | 3/4 c. | 100% Fruit Punch | 3/4 c. | Tossed Salad/Ranch Dressing | 3/4 c. | Mandarin Oranges |
| 2 oz. | Very Berry Muffin | 2 oz. | Teddy Grahams | 2 oz. | Cheez-itz Crackers | 2 oz. | Wheat Roll | 2 oz. | Cornbread/Margarine |

| 23-Nov | | 24-Nov | | 25-Nov | | 26-Nov | | 27-Nov | |
|--------|----------------------|--------|------------------------|--------|-----------------------|--------|--------------------|--------|----------------------|
| 2 oz. | Apple Granola Bar | 2 oz. | Honey Oat Grahams | 2 oz. | Bagel w/ Cream Cheese | 2 oz. | French Toast Snack | 2 oz. | Fruit and Grain Bar |
| 3/4 c. | 100% Orange Juice | 3/4 c. | 100% Apple Juice | 3/4 c. | 100% Fruit Punch | 3/4 c. | Fresh Orange | 1 | Fresh Apple |
| 3/4 c. | Fresh Grapes | 1 | Fresh Apple | 3/4 c. | Baby Carrots/Hummus | 3/4 c. | 100% Apple Juice | 3/4 c. | Diced Peaches |
| 2 oz. | Wheat Roll/Margarine | 2 oz. | Cheddar/Wheat Crackers | 2 oz. | Pita Chips | 2 oz. | Very Berry Muffin | 2 oz. | Honey Wheat Pretzels |

| 30-Nov | |
|--------|------------------------|
| 2 oz. | Strawberry Oatmeal Bar |
| 3/4 c. | 100% Apple Juice |
| 1 | Fresh Pear |
| 2 oz. | WG Goldfish Crackers |

Unitized AM/PM Snack Menu

NOV/DEC

| 1-Dec | | 2-Dec | | 3-Dec | | 4-Dec | | | |
|--------|------------------------|---------|--------------------------|-----------|-----------------------|----------|-----------------------------|--------|---------------------|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| 2 oz. | Chex Yogurt Snack Mix | 2 oz. | Very Berry Muffin | 2 oz. | Super Donut | 2 oz. | Cinnamon Roll | | |
| 1 | Fresh Banana | 3/4 c. | 100% Orange Juice | 1 | Fresh Apple | 3/4 c. | 100% Apple Juice | | |
| 3/4 c. | 100% Fruit Punch | 1 | Banana | 3/4 c. | Italian Pasta Salad | 3/4 c. | Fresh Orange Wedges | | |
| 2 oz. | Teddy Grahams | 2 oz. | Rice Cakes | 2 oz. | Wheat Roll/Margarine | 2 oz. | Bagel w/ Cream Cheese | | |
| 7-Dec | | 8-Dec | | 9-Dec | | 10-Dec | | 11-Dec | |
| 2 oz. | Banana Muffin | 2 oz. | NutriGrain Bar | 2 oz. | Bagel w/ Cream Cheese | 2 oz. | Apple Granola Bar | 2 oz. | Honey Oat Grahams |
| 3/4 c. | 100% Apple Juice | 1 | Fresh Banana | 1 | 100% Fruit Punch | 3/4 c. | 100% Orange Juice | 1 | Fresh Apple |
| 3/4 c. | Fresh Apple | 3/4 c. | Tomato Cucumber Salad | 3/4 c. | 100% Fruit Punch | 1 | Fresh Orange Wedges | 1 | Fresh Banana |
| 2 oz. | Teddy Grahams | 2 oz. | Wheat Roll/Margarine | 2 oz. | Sun Chips | 2 oz. | Cheez-its Crackers | 2 oz. | Mini Pretzels |
| 14-Dec | | 15-Dec | | 16-Dec | | 17-Dec | | 18-Dec | |
| 2 oz. | Cinnamon Roll | 2 oz. | French Toast Snack | 2 oz. | Banana Muffin | 2 oz. | Chex Yogurt Snack Mix | 2 oz. | Fruit and Grain Bar |
| 3/4 c. | 100% Apple Juice | 1 | Fresh Orange | 3/4 c. | Diced Peaches | 1 | Fresh Banana | 1 | Fresh Apple |
| 1 | Fresh Apple | 3/4 c. | Celery Sticks/Sun Butter | 3/4 c. | 100% Fruit Punch | 3/4 c. | Tossed Salad/Ranch Dressing | 3/4 c. | Mandarin Oranges |
| 2 oz. | Very Berry Muffin | 2 oz. | Teddy Grahams | 2 oz. | Cheez-itz Crackers | 2 oz. | Wheat Roll | 2 oz. | Cornbread/Margarine |
| 21-Dec | | 22-Dec | | 23-Dec | | 24-Dec | | 25-Dec | |
| 2 oz. | Apple Granola Bar | 2 oz. | Honey Oat Grahams | 2 oz. | Bagel w/ Cream Cheese | 2 oz. | French Toast Snack | | |
| 3/4 c. | 100% Orange Juice | 3/4 c. | 100% Apple Juice | 3/4 c. | 100% Fruit Punch | 3/4 c. | Fresh Orange | | |
| 3/4 c. | Fresh Grapes | 1 | Fresh Apple | 3/4 c. | Baby Carrots/Hummus | 3/4 c. | 100% Apple Juice | | |
| 2 oz. | Wheat Roll/Margarine | 2 oz. | Cheddar/Wheat Crackers | 2 oz. | Pita Chips | 2 oz. | Very Berry Muffin | | |
| 28-Dec | | 29-Dec | | 30-Dec | | 31-Dec | | 1-Jan | |
| 2 oz. | Strawberry Oatmeal Bar | 2 oz. | Chex Yogurt Snack Mix | 2 oz. | Very Berry Muffin | 2 oz. | Super Donut | | |
| 3/4 c. | 100% Apple Juice | 1 | Fresh Banana | 3/4 c. | 100% Orange Juice | 1 | Fresh Apple | | |
| 1 | Fresh Pear | 3/4 c. | 100% Fruit Punch | 1 | Banana | 3/4 c. | Italian Pasta Salad | | |
| 2 oz. | WG Goldfish Crackers | 2 oz. | Teddy Grahams | 2 oz. | Rice Cakes | 2 oz. | Wheat Roll/Margarine | | |