

November 6 - 10, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Milk	100% Fruit Juice	Milk	Milk	Milk
SNACK	Cereal Apples (F)	Oatmeal Cinnamon Toast	Biscuit w/Cheese or Jelly	Waffles Sausage Links	Bagels w/Cream Cheese Pears
Age Appropriate Sub					
LUNCH	Milk Baked Ziti Green Beans (FZ) Pineapples	Milk Alfredo Noodles w/Meatballs Steamed Corn (FZ) Sliced Peaches	Milk Baked Fish Sticks Mashed Potatoes Apple Slices (F) Roll	Milk Chicken Nuggets Steamed Mixed Vegetables (FZ) Mandarin Oranges	Milk Beanie Weenies French Fries Mixed Fruit Roll
Vegetarian Option	Marinara over Noodles w/Cheese	Alfredo w/Cheese	Veggie Patty	Veggie Sticks	Baked Beans
Age Appropriate Sub					
PM	100% Fruit Juice	Milk	Water	100% Fruit Juice	100% Fruit Juice
SNACK	Cheese Nips	Gingerbread Muffin	Crackers Cheese Slice	Graham Crackers	Trail Mix
Age Appropriate Sub					

(F)=Fresh fruit or Vegetable
(FZ)=Frozen

Water is available to children throughout the day and at all meals and snacks when desired.

All juice served is 100% fruit-juice.

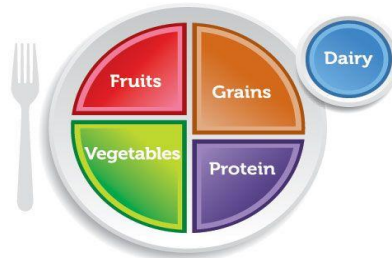
Children age 12-24 months are served whole milk.

Children 24 months of age and older are served 1% milk.

Seconds will be served upon child's request.

Half Day students will be served Pm Snack at 10:45 a.m.

This Seasonal Menu is subject to change. All changes are posted.



Lunch Serving Size

Meat or Meat Alternative

1 oz. (1-2 yr): 1-1/2 oz. (3-5 yr): 2 oz. (6-12 yr)

Vegetables

1/8 cup (1-2 yr): 1/4 cup (3-5 yr): 1/2 cup (6-12 yr)

Fruit

1/8 cup (1-2 yr): 1/4 cup (3-5 yr): 1/4 cup (6-12 yr)

Whole Grain

1/2 serving or 1/4 cup (1-5 yr): 1 serving or 1/2 cup (6-12 yr)

Skim or 1% Milk

4 oz. (1-2 yr): 6 oz. (3-5 yr): 8 oz. (6-12 yr)