



All Ages Lunch Menu

November 2019

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Olds – m/ma 1oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk

3-5 Year Olds – m/ma 1.5oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
				November 1 Balsamic Chicken Buttered Noodles Vegetable Fruit Milk Balsamic Tofu V
November 4 Strawberry Yogurt WG Bagel w/ Cream Cheese Vegetable Fruit Milk	November 5 Grilled Chicken Wrap WG Flour Tortilla Vegetable Fruit Milk Falafel Wrap V	November 6 Mac & Cheese WG Pasta w/ Cheese Sauce Vegetable Fruit Milk	November 7 Meatball Hoagie WG Hoagie Roll Vegetable Fruit Milk Veggie Meatballs V	November 8 English Muffin Pizza WG English Muffin Marinara Sauce Shredded Mozzarella Cheese Vegetable Fruit Milk
November 11 Beef Stroganoff Vegetable Fruit Milk Lentil Stroganoff V	November 12 Turkey Sausage WG French Toast Vegetable Fruit Milk Veggie Sausage V	November 13 Spanish Chicken Brown Rice Vegetable Fruit Milk Spanish Tofu V	November 14 Turkey and Cheese Hoagie WG Hoagie Roll American Cheese Vegetable Fruit Milk Cheese Sandwich V	November 15 Fish Stick Sandwich American Cheese WG Sandwich Roll Vegetable Fruit Milk Veggie Nuggets V
November 18 Chicken Stir Fry Brown Rice Vegetable Fruit Milk Tofu Stir Fry V	November 19 Turkey Ham and Cheese Hoagie WG Hoagie Roll Vegetable Fruit Milk Veggie Burger V	November 20 Beef Taco Shredded Cheddar Cheese WG Flour Tortilla Vegetable Fruit Milk Refried Bean Taco V	November 21 Turkey w/ Gravy Stuffing Vegetable Fruit Milk Lentils w/ Gravy	November 22 SunButter & Fruit Spread on W/W Bread Vegetable Fruit Milk
November 25 Swedish Meatballs Dinner Roll Vegetable Fruit Milk Veggie Meatballs V	November 26 Chicken Broccoli Alfredo WG Pasta Vegetable Fruit Milk Tofu Broccoli Alfredo V	November 27 Turkey Ham Steak Brown Rice Vegetable Fruit Milk Edamame V	November 28 HAPPY THANKSGIVING!!	November 29 Tuna Salad Sandwich ½ Pita Vegetable Fruit Milk Egg Salad V

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos