

**For the Week of: 11/03/2025**

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cheerios	Raisin Bread	Whole Grain Biscuits w/jelly	Whole Grain French Toast Sticks	Blueberry Muffins
	Milk	Milk	Milk	Milk	Milk
Lunch	Whole Grain Spaghetti Carrots Applesauce	Sliced Turkey w/cheese on wheat Sweet Potato Tots Mixed Fruit	Beef Tacos w/ lettuce, cheese, and salsa Corn Oranges	Chicken Noodle Soup Peas Peaches	Grilled Chicken Sandwich Mixed Veggies Pears
	<i>Vegetarian: Whole Grain Macaroni w/ Veggie Protein Crumbles and Tomato Sauce</i>	<i>Vegetarian: Cheese Sandwich on Wheat Bread</i>	<i>Vegetarian: Same as above</i>	<i>Vegetarian: Tomato Soup</i>	<i>Vegetarian: Veggie Chicken Sandwich</i>
	Milk	Milk	Milk	Milk	Milk
PM Snack	Gingerbread and orange slices	Pineapple with Saltine Crackers	Wheat Thins with Cheddar Cheese Stick	Apple Slices/ and Graham Crackers	Whole Grain Goldfish Crackers
	Water	Water	Water	Water	Water

Milk- Fat Free or 1% (non-flavored) for ages 2 and older

Bread and Pasta- Whole grain options will be used whenever possible

All cheese- to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily

Hydrogenated/partially hydrogenated vegetable oils are never to be used



For the Week of: 11/10/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Vanilla Yogurt w/ Graham Crackers Milk	Rice Crispies Milk	Whole Grain English Muffins w/Jelly Milk	Baked Apples w/ Cinnamon Milk	Banana's w/Vanilla Yogurt Milk
Lunch	Sloppy Joes Peas Oranges <i>Vegetarian: Sloppy Joes made w/ Veggie Protein Crumbles in Tomato Sauce</i> Milk	Ham w/ Cheese on Wheat Bread Smiley Fries Pears <i>Vegetarian: Cheese Sandwich on Wheat Bread</i> Milk	Whole Grain Penne Pasta w/Chicken and Alfredo Sauce Broccoli Oranges <i>Vegetarian: Whole Grain Penne Pasta w/ Alfredo Sauce</i> Milk	Chicken Casserole w/Whole Grain Noodles Green Beans Pears <i>Vegetarian: Veggie Chicken casserole w/ noodles</i> Milk	Cheeseburgers Corn Pineapple <i>Vegetarian: Veggie Burgers w/ Cheese</i> Milk
PM Snack	Cheddar Cheese Chex Mix Water	Diced Strawberries Graham Crackers Water	Ritz Crackers w/ sliced cheese Water	Strawberry Chex Mix Water	Whole Grain Goldfish Pretzels Water

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Yogurt- fat-free or low-fat 1%

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**For the Week of: 11/17/2025**

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cornflakes	Turkey Sausage and Home Fries	Bagels w/ Cream Cheese	Whole Grain Waffles w/ syrup	Nutrigrain Bars
	Milk	Milk	Milk	Milk	Milk
Lunch	Hamburger Casserole w/ Brown Rice Carrots Applesauce	Salisbury Steak Mashed Potatoes Corn Mixed Fruit	Whole Wheat Crust Cheese Pizza Peas Pineapple Tidbits	Grilled Cheese on Wheat Bread Pinto Beans Pears	Grilled Chicken Strips w/ Brown Rice Green Beans Peaches
	<i>Vegetarian: Veggie Burger Crumbles w/ Brown Rice</i>	<i>Vegetarian: Veggie Burger Pattie</i>	<i>Vegetarian: Same entrée as above</i>	<i>Vegetarian: Same as above</i>	<i>Vegetarian: Veggie Chicken Nuggets w/ Brown Rice</i>
	Milk	Milk	Milk	Milk	Milk
PM Snack	Cornbread And Peaches	Saltine Crackers w/ Cheese Slices	Cottage Cheese w/ Pineapple	Cheeze Its And Blueberries	Ritz Crackers w/ String Cheese
	Water	Water	Water	Water	Water

Milk- Fat Free or 1% (non-flavored) for ages 2 and older

Bread and Pasta- Whole grain options will be used whenever possible

All cheese- to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily

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For the Week of: 11/24/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Kix Cereal Milk	Oatmeal Milk	Scrambled Egg Pattie w/ Wheat Toast Milk		
Lunch	Beef Ravioli Corn Pears <i>Vegetarian: Pasta made w/ Veggie Protein Crumbles in Tomato Sauce</i> Milk	Beef Tacos w/lettuce, cheese, and salsa Black Beans Pineapple <i>Vegetarian: Bean Taco</i> Milk	Whole Grain Mac and Cheese Green Beans Peaches <i>Vegetarian: Same entrée as above</i> Milk		
Snack	Fig Newtons Water	Animal Crackers And Raisons Water	Pita bread and Hummus Water		

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Bread and Pasta- Whole grain options will be used whenever possible

All cheese- to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily

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