

November-2022

Breakfast: 1-2 3-5 6-12
 Milk 1/2 c 3/4 c 1 c
 Fruit, Veg or both 1/4 c 1/2 c 1/2 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Dry Cereal 1 oz
 Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
 *Select 2 of the 5 components

Lunch: 1-2 3-5 6-12
 Milk 1/2 c 3/4 c 1 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Pasta/Noodles 1/4 c
 Fruit 1/8 c 1/4 c 1/4 c
 Vegetables 1/8 c 1/4 c 1/2 c
 Meat/Meat Alt. 1 oz. 1.5 oz. 2 oz.

PM Snack: 1-2 3-5 6-12
 Milk 1/2 c 1/2 c 1 c
 Fruit 1/2 c 1/2 c 1/2 c
 Vegetable 1/2 c 1/2 c 3/4 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
 *Select 2 of the 5 components

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
BR -	BR - Kix Cereal/Banana/Milk	BR - Cinnamon Raisin Bread/Cream Cheese/Grapes/Milk	BR - Life Cereal/Oranges/Milk	BR - Waffle/Apples/Milk
LN -	LN - Peanut Butter & Jelly on WW/Carrots/Mandrine Oranges/Milk	LN - Meatball Sub on WW/Green Beans/Pineapple/Milk	LN - Grilled Ham and Cheese on WW/Corn/Fruit Cocktail/Milk	LN - Mac and Cheese/WW bun/Peanut Butter-Celery/Pears/Milk
SN -	SN - Butter Rounds/Milk	SN - Teddy Grahams/Milk	SN - Jell-O/String Cheese/Milk	SN - Cheez-its/Milk
7	8	9	10	11
BR - Mini Muffins/Strawberries/Milk	BR - Chex Cereal/Blueberries/Milk	BR - Pancakes/Banana/Milk	BR - Mini Spooners/Grapes/Milk	BR - Kix Cereal/Oranges/Milk
LN - Tacos on WW Tortillias/Salad/Peaches/Milk	LN - Turkey and Cheese on WW/Cucumbers/Applesauce/Milk	LN - Beef Hot Dogs on WW/French Fries/Mandrine Oranges/Milk	LN - Ham and Cheese on WW/Green Peppers/Pineapples/Milk	LN - WW Beefaroni/WW Bun/Cooked Carrots/Fruit Cocktail/Milk
SN - Animal Crackers/Milk	SN - Chips and Salsa/Milk	SN - Saltines/Milk	SN - Cinnamon Graham Crackers/Milk	SN - Pretzels/Milk
14	15	16	17	18
BR - Mini Muffins/Apples/Milk	BR - Life Cereal/Strawberries/Milk	BR - Cinnamon Toast Sticks/Blueberries/Milk	BR - Chex Cereal/Banana/Milk	BR - Pancakes/Grapes/Milk
LN - Hashbrown Stackers/WW Bun/Pears/Milk	LN - Nachoes/WW Bun/Salad/Peaches/Milk	LN - Grilled Cheese on WW/Tomato Soup/Cucumbers/Pineapples/Milk	LN - Peanut Butter & Jelly on WW/Celery/Applesauce/Milk	LN - Grilled Turkey on WW/Green Beans/Mandrine Oranges/Milk
SN - Goldfish/Milk	SN - Vanilla Yogurt/Vanilla Waffers/Milk	SN - Peanut Butter Crackers/Milk	SN - Butter Crackers/Milk	SN - Scooby-Snacks/Milk
21	22	23	24	25
BR - Mini Muffins/Oranges/Milk	BR - Mini Spooners/Apples/Milk	BR - Waffles/Strawberries/Milk	BR - NO SCHOOL/CLOSED	BR - NO SCHOOL/CLOSED
LN - Sloppy Joe on WW/French Fries/Fruit Cocktail/Milk	LN - Ham and Cheese on WW/Broccoli/Pears/Milk	LN - Chicken Patty on WW/Corn/Peaches/Milk	LN - NO SCHOOL/CLOSED	LN - NO SCHOOL/CLOSED
SN - Butter Rounds/Milk	SN - Cheez-its/Milk	SN - Honey Graham Crackers/Milk	SN - NO SCHOOL/CLOSED	SN - NO SCHOOL/CLOSED
28	29	30		
BR - NO SCHOOL ROOTSTOWN	BR - Kix Cereal/Banana/Milk	BR - Bagels/Cream Cheese/Grapes/Milk	BR -	BR -
LN - Chicken Strips/WW Bun/Carrots/Pineapples/Milk	LN - Peanut Butter & Jelly on WW/Celery/Fruit Cocktail/Milk	LN - Beef Hot Dogs on WW/Green Peppers/Pears/Milk	LN -	LN -
SN - Teddy Grahams/Milk	SN - Pretzels/Milk	SN - Animal Crackers/Milk	SN -	SN -

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months
 Skim Milk = Children over 24 months
 WG = Whole Grain / WW = Whole Wheat