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| MONDAY | | TUESDAY | WEDNESDAY | THURSDAY | See the source imageFRIDAY |
| **BREAKFAST** | **1**  ¾ c **WG** Kix Cereal  ½ c **Peaches**  ¾ c Milk | **2**  1/2 WG English Muffin w Pc Jelly  ½ c **Pineapple** Tidbits  ¾ c Milk | **3**  ½ **WG** Cinnamon Stuffed Mini Bagel  ½ c **Sliced Apple**  ¾ c Milk | **4**  ¾ c **WG** Crispy Rice Cereal (½ oz)  ½ **Banana**  ¾ c Milk | **5**  1/2 c Strawberry Banana Yogurt  1 WG Blueberry Muffin  ½ c **Pears**  ¾ c Milk |
| LUNCH | **Latin America**  ½ c Arroz con Pollo  *( 2 oz Pollo 1 ½ oz m/ma with ¼ c Vegetables (Bell Pepper, Onion Tomatoes)*  ¼ c **WG** Rice  ¼ c 2 Sweet Plantains  ¾ c Milk  ***Veg: 3 Dr Praegars Chix Strips con Pollo w Rice*** | 2oz Beef Patty  1oz Slider **WG** Roll  ¼ c **Broccoli** & RanchDip  ¼ c Mashed **Sweet Potatoes**  ¾ c Milk  ***Veg: ½ c Hummus ½, ¾ oz IW Cheese WG w Pita (1 oz g) NO ROLL*** | **Asian**  2 oz Honey Glazed Chicken 1.5 m/ma  ¼ c Asian **WG** Brown Rice  ¼ c Stir Fried Asian Vegetables  ¼ c **Mandarin Oranges**  ¾ c Milk  ***Veg: 3 Honey Glazed Dr Praegars Chix Nuggets 1.5 m/ma*** | 1 Fish Filet  1 **WG** Bun  Ketchup  ½ c **Field Green Salad** w Ranch  ¼ c **Honeydew**  ¾ c Milk  ***Veg: 6 oz Yogurt & Bun*** | **Make Your Own Burrito**  ¼ c **Black Beans** & 1/8 c Monterrey Cheese *(1 ½ oz Meat Alternate)*  6 in **WW** Tortilla (1 oz)  PC Mild Salsa  ½ c **Spinach w Italian**  ¼ c **Pineapple**  ¾ c Milk  ***Veg: Same*** |
| **PM SNAK** | 2 oz Vanilla Yogurt  ¾ c **WG** Goldfish | ½ c Zucchini Coins w/Veggie Dip  4 **WG** Ritz Crackers | ½ c **Cantaloupe**  ¼ c Animal Crackers | 1 Hardboiled Egg  2 Graham Cracker Squares | 1 String Cheese  ½ c Apple Slices |
| **BREAKFAST** | **8**  ¾ c **WG** Corn Flakes  ½ c **Pineapple** Tidbits  ¾ c Milk | **9**  1/2 WG Bagel w Cream Cheese  ½ c **Tropical Fruit Salad** (Pineapple, **Papaya**, **Guava** )  ¾ c Milk | **10**  ½ WG English Muffin w Pc Jelly  ½ c **Melon Salad**  ¾ c Milk | **Veterans Day 11**  ¾ **WG** Scooter cereal  ½ **Banana**  ¾ c Milk | **12**  1 WG Apple Muffin  1 Hardboiled Egg  ½ c **Mandarin Oranges**  ¾ c Milk |
| LUNCH | ½ c **Chili** 1 ½ oz m/ma  .1 oz Mini Corn Muffin  ½ c **Spinach w** Ranch  ¼ c Pears  ¾ c Milk  ***Veg: ¾ c Vegetarian Chili*** | **Morocco**  2 oz Moroccan Chicken & ¼ Vegetables  ¼ c Curried Couscous  ¼ c **Cantaloupe**  ¾ c Milk  ***Veg: 3/8 c Moroccan Chickpeas 1.5 oz m/ma*** | **Make Your Own Fish Taco**  2 CN Fish Sticks  1 **WG** Tortilla (1 oz Grain)  ½ c **Field Greens Salad** w creamy Italian  ¼ c **Pears**  ¾ c Milk  ***Veg: c Sesoned Beasn*** | **Make Your Own Wrap**  1 oz Turkey (2 Slices)  ½ oz Slice Cheddar Cheese  1 WG Flour Tortilla (1 oz Grain)  ¼ c Cucumbers & Yogurt Dip  ¼ c **Apple Slices**  ¾ c Milk  ***Veg ½ c Hummus 2 oz m/ma on ½ WG Pita*** | ½ c **WG** Macaroni & Cheese   * *¼ oz Cheese; ¼ c* ***WG*** *Noodles ½ oz*   3/8 c **Vegetarian Baked Beans**  ¼ c **Broccoli** w Veggie Dip  ¼ c **Fresh Fruit Salad** Honeydew, **Cantaloupe**, Pineapple)  ¾ c Milk  ***Veg: Same*** |
| **PM SNAK** | ½ c **Peaches**  1 oz WG Animal Crackers | ½ c **Carrot Sticks** w/Veggie Dip  ¾ oz Cheddar Cheese (IW) | 1 Blueberry mini muffin  ½ c Juice | 2 Graham Crackers  ½ c **Pineapple** | 2 Oatmeal Cookies  2 oz Vanilla Yogurt |
| **BREAKFAST** | **15**  ¾ c **WG** Kix Cereal  ½ c **Peaches**  ¾ c Milk | **16**  ½ WG English Muffin w Pc Jelly  ½ c **Pears**  ¾ c Milk | **17**  ½ **WG** Bagel & Cream Cheese  ½ c **Sliced Apple**  ¾ c Milk | **18**  ¾ c **WG** Crispy Rice  ½ **Banana**  ¾ c Milk | **19**  1/2 c Strawberry Banana Yogurt  1 WG Blueberry Muffin  ½ c **Pears**  ¾ c Milk |
| LUNCH | **Japan**  2 oz Teriyaki Chicken  ¼ c **WG** Rice  ¼ c **Spinach Salad w Ranch**  ¼ c **Pineapple**  ¾ c Milk  ***Veg: 3 Dr Praegars Chix Nuggets w Teriyaki Sauce*** | **Make Your Own Sub**  3 Meatballs 1.5 oz m/ma in  ¼ c Marinara  1 WW Hot Dog Roll  ¼ c Baby Carrots  ¼ c **Honeydew**  ¾ c Milk  ***Veg: 4 Vegetarian Meatballs*** | **Chicken & Noodles**  2 oz Chicken  ¼ c **WG** Twist  ¼ c **Field Greens Salad** w Italian  ¼ c **Tropical Fruit Salad** (Pineapple. **Papaya**, **Guava**)  ¾ c Milk  ***Veg: 3 Dr. Praegars Chix Strips w Twist*** | 2 oz Beef Patty  1 **WG** Hamburger Bun (1.8 oz)  ¼ c Glazed **Carrots**  ¼ c **Cantaloupe**  ¾ c Milk  ***Veg 1 Veggie Patty*** | 5/8 c Seasoned **Red Beans** and **WG** Rice   * 3*/8 c* ***Beans****; ¼ c Rice*   ¼ c **Broccoli** w Italian Dressing  ½ Apple Slices  ¾ c Milk  ***Veg: Same*** |
| **PM SNACK** | ½ c **Applesauce**  2 Graham Crackers | 2 oz Vanilla Yogurt  ½ c **Mandarin Oranges** | ½ c **Cucumbers** w/Ranch Dip  ¾ oz **WG** Goldfish | 1 Blueberry Mini Muffin  ½ c **Peaches** | ¾ oz IW Cheddar  4 **WG** Ritz Crackers |
| MONDAY | | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **BREAKFAST** | **22**  ¾ c **WG** Corn Flakes  ½ c **Pineapple** Tidbits  ¾ c Milk | **23**  ½ **WG** Bagel & Cream Cheese  ½ c **Peaches**  ¾ c Milk | **24**  ½ WG English Muffin w PC Jelly  ½ c **Melon Salad**  ¾ c Milk | **25**  Holiday - No School  http://3.bp.blogspot.com/-o4C_13ddOuw/VHWzj04jQnI/AAAAAAAALVw/MOkq3ysQaw0/s1600/Happy-Thanksgiving-2014-Wallpaper-9112.jpg | **26**  Holiday - No School  0 images about clipart thanksgiving on pilgrims 2 |
| LUNCH | ¼ c **WG** Spaghetti & ½ c Meat Sauce 2 oz m/ma ground Beef  ¼ c **Green Beans**  2 **Orange Wedges**  ¾ c Milk  ***Veg: ¼ Spaghetti & ¾ c Black BeanTomato Sauce 1.5 oz m/ma*** | **Africa**  1 Kati Kati Chicken 2 oz m/ma  ¼ c WG Rice  1/3 c Sautéed **Spinach** & **Tomatoes**  ¼ c **Apple Slices**  ¾ c Milk  ***Veg: ½ c Kati Kati Chickpeas 2 oz m/ma*** | ***Thanksgiving Menu***  2 oz Turkey & Gravy  2 Tbsp Cranberry Sauce  ¼ c Stuffing  ¼ c **Green Beans**  ¼ c **Candied Sweet Potatoes**  ¾ c Milk  ***Veg: 3 Chickenless Tenders (No Gravy)*** |
| **PM SNACK** | 1 Blueberry Mini Muffin  ½ c **Carrots** with Honey Mustard dip | 2 Squares Graham Crackers  ½ c Tootie Fruity Chip Dip | ½ c Cucumber& Veggie Dip  1 String Cheese |
| **BREAKFAST** | **29**  ¾ c **WG** Kix Cereal  ½ c **Peaches**  ¾ c Milk | **30**  1/2 WG English Muffin w Pc Jelly  ½ c **Pineapple** Tidbits  ¾ c Milk |  | | |
| LUNCH | **Latin America**  ½ c Arroz con Pollo  ( 2 oz Pollo 1 ½ oz m/ma with ¼ c Vegetables (Bell Pepper, Onion Tomatoes)  ¼ c **WG** Rice  ¼ c 2 Sweet Plantains  ¾ c Milk  ***Veg: 3 Dr Praegars Chix Strips con Pollo w Rice*** | 2oz Beef Patty  1oz **WG** Slider Roll  ¼ c **Broccoli** & RanchDip  ¼ c Mashed **Sweet Potatoes**  ¾ c Milk  ***Veg: ½ c Hummus ½, ¾ oz IW Cheese WG w Pita (1 oz g) NO ROLL*** |
| **PM SNACK** | 2 oz Vanilla Yogurt  ¾ c **WG** Goldfish | ½ c **Zucchini Coins** w/Veggie Dip  4 **WG** Ritz Crackers |