|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 Jelly½ c **Pineapple** Tidbits¾ 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 Yogurt1 WG Blueberry Muffin½ 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** Rice¼ c 2 Sweet Plantains ¾ c Milk ***Veg: 3 Dr Praegars Chix Strips con Pollo w Rice***  | 2oz Beef Patty 1oz Slider **WG** Roll¼ c **Broccoli** & RanchDip¼ 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/ma¼ c Asian **WG** Brown Rice¼ c Stir Fried Asian Vegetables¼ c **Mandarin Oranges**¾ c Milk***Veg: 3 Honey Glazed Dr Praegars Chix Nuggets 1.5 m/ma*** | 1 Fish Filet 1 **WG** BunKetchup ½ c **Field Green Salad** w Ranch¼ 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 Salsa½ c **Spinach w Italian**¼ c **Pineapple**¾ c Milk***Veg: Same*** |
| **PM SNAK** | 2 oz Vanilla Yogurt¾ c **WG** Goldfish | ½ c Zucchini Coins w/Veggie Dip4 **WG** Ritz Crackers | ½ c **Cantaloupe**¼ c Animal Crackers | 1 Hardboiled Egg2 Graham Cracker Squares | 1 String Cheese½ c Apple Slices |
| **BREAKFAST** |  **8**¾ c **WG** Corn Flakes ½ c **Pineapple** Tidbits¾ c Milk |  **9**1/2 WG Bagel w Cream Cheese½ 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 Egg½ c **Mandarin Oranges**¾ c Milk |
| LUNCH | ½ c **Chili** 1 ½ oz m/ma .1 oz Mini Corn Muffin ½ c **Spinach w** Ranch¼ c Pears ¾ c Milk***Veg: ¾ c Vegetarian Chili*** | **Morocco** 2 oz Moroccan Chicken & ¼ Vegetables ¼ c Curried Couscous¼ c **Cantaloupe** ¾ c Milk***Veg: 3/8 c Moroccan Chickpeas 1.5 oz m/ma*** | **Make Your Own Fish Taco**2 CN Fish Sticks1 **WG** Tortilla (1 oz Grain)½ c **Field Greens Salad** w creamy Italian¼ c **Pears**¾ c Milk***Veg: c Sesoned Beasn***  |  **Make Your Own Wrap**1 oz Turkey (2 Slices) ½ oz Slice Cheddar Cheese1 WG Flour Tortilla (1 oz Grain)¼ c Cucumbers & Yogurt Dip¼ 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 Dip¼ 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 Dip¾ oz Cheddar Cheese (IW) | 1 Blueberry mini muffin½ c Juice  | 2 Graham Crackers ½ c **Pineapple** | 2 Oatmeal Cookies2 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 Cheese½ c **Sliced Apple**¾ c Milk |  **18**¾ c **WG** Crispy Rice ½ **Banana** ¾ c Milk |  **19**1/2 c Strawberry Banana Yogurt1 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 in¼ c Marinara1 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 Italian¼ 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 Dressing½ Apple Slices¾ c Milk***Veg: Same*** |
| **PM SNACK** | ½ c **Applesauce**2 Graham Crackers | 2 oz Vanilla Yogurt½ c **Mandarin Oranges** | ½ c **Cucumbers** w/Ranch Dip¾ oz **WG** Goldfish | 1 Blueberry Mini Muffin½ c **Peaches** | ¾ oz IW Cheddar4 **WG** Ritz Crackers |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **BREAKFAST** | **22**¾ c **WG** Corn Flakes ½ c **Pineapple** Tidbits¾ 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 Schoolhttp://3.bp.blogspot.com/-o4C_13ddOuw/VHWzj04jQnI/AAAAAAAALVw/MOkq3ysQaw0/s1600/Happy-Thanksgiving-2014-Wallpaper-9112.jpg | **26**Holiday - No School0 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 & Gravy2 Tbsp Cranberry Sauce¼ c Stuffing¼ c **Green Beans**¼ c **Candied Sweet Potatoes**¾ c Milk***Veg: 3 Chickenless Tenders (No Gravy)*** |
| **PM SNACK** | 1 Blueberry Mini Muffin½ c **Carrots** with Honey Mustard dip | 2 Squares Graham Crackers ½ c Tootie Fruity Chip Dip | ½ c Cucumber& Veggie Dip1 String Cheese |
| **BREAKFAST** | **29**¾ c **WG** Kix Cereal ½ c **Peaches** ¾ c Milk  |  **30**1/2 WG English Muffin w Pc Jelly½ c **Pineapple** Tidbits¾ 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** Rice¼ c 2 Sweet Plantains ¾ c Milk ***Veg: 3 Dr Praegars Chix Strips con Pollo w Rice***  | 2oz Beef Patty 1oz **WG** Slider Roll¼ c **Broccoli** & RanchDip¼ 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 Yogurt¾ c **WG** Goldfish | ½ c **Zucchini Coins** w/Veggie Dip4 **WG** Ritz Crackers |