November 9-13

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MEATLESS**  **MONDAY**  **11-9** | **TRADITIONAL**  **TUESDAY**  **11-10** | **MULTICULTURAL**  **WEDNESDAY**  **11-11** | **THROWBACK**  **THURSDAY**  **11-12** | **FABULOUS**  **FRIDAY**  **11-13** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Pears | Apple Sauce | Banana | Peaches | Whole Strawberries |
| **Grains/Breads** | Biscuit | Cheese Toast | Oatmeal | Cereal | Waffles |
| **Extras:** | Jelly | Sausage |  |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Macaroni and Cheese | Chicken Broccoli Rice Casserole  Alt: Broccoli Rice Casserole | Ground Beef and Spanish Rice  Alt: Black Beans and Spanish Rice | Cheese Pizza | BBQ Drumsticks  Alt: Hard Boiled Egg |
| **Vegetable or Fruit** | Mixed Veggies | Limas | Corn | Green Peas | Mashed Potatoes |
| **Vegetable or Fruit** | Sliced Kiwi | Peaches | Mixed Fruit | Pears | Hot Cinnamon Apples |
| **Grains/Breads** | Crackers | Whole Wheat Bread | Spanish Rice | Pretzel Bread Stick | Texas Toast |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Cheese Sticks |  | Cheese Cubes | Vanilla Pudding |  |
| **Vegetable/Fruit/Juice** | Mixed Fruit | Carrots |  |  | Banana |
| **Grains/Bread** |  | Chex Mix | Tortilla Chips | Graham Crackers | Animal Crackers |
| **Extras:** |  |  | Salsa |  |  |