November 16-20

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|  | **Child meal pattern food components:** | **MEATLESS**  **MONDAY**  **11-16** | **TRADITIONAL**  **TUESDAY**  **11-17** | **MULTICULTURAL**  **WEDNESDAY**  **11-18** | **THROWBACK**  **THURSDAY**  **11-19** | **FABULOUS**  **FRIDAY**  **11-20** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Strawberries | Pineapple Tidbits | Applesauce | Sliced Pears | Bananas |
| **Grains/Breads** | Muffins | Cheese Grits | Oatmeal | Cereal | Bagel |
| **Extras:** |  |  |  |  | Cream Cheese |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Grilled Cheese | Cold Ham & Cheese Wrap  ALT: Cold cheese wrap | Black Beans and Rice | Cheese Pizza | Turkey & Dressing w/Gravy  ALT: Black Eyed Peas |
| **Vegetable or Fruit** | Tomato Soup | Broccoli Spears | Lima Beans | Mixed Veggies | Sweet Potatoes Casserole |
| **Vegetable or Fruit** | Sliced Peaches | Diced Pears | Mixed Fruit | Fresh Oranges | Green bean Casserole |
| **Grains/Breads** | Whole Wheat Bread | Wrap | Rice | Saltine Crackers | Hawaiian Rolls |
| **Extras:** |  |  |  |  | Cranberry Sauce |
| **SNACK  (select 2)** | **Milk** |  |  |  |  | Milk |
| **Meat/Meat Alternate** |  | Pretzel Bread | Mozzarella Cheese Stick |  | Yogurt |
| **Vegetable/Fruit/Juice** | Pears | Mandarin Oranges |  | Apple Sauce |  |
| **Grains/Bread** | Goldfish |  | Raisin Bread | Vanilla Wafers | Goldfish |
| **Extras:** |  |  |  |  |  |