

(WG) = Whole Grain

November Lunch



Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Protein :1 Ounce / 1/4 cup** Grain: 1/2 Slice/ Serv/1/4 Cup Veg: 1/8 Cup Fruit: 1/8 Cup A	2 Beans & Rice (WG) Peas & Carrots Apples	3 Chicken Teriyaki Rice (WG) Broccoli Pineapple	4 Ground Turkey & Cheese Tacos Salad Oranges	5 Chicken Salad Sandwiches Corn Fruit Cocktail	6 Cheese Quesadillas (WG) Green Beans Oranges	Protein :1.5 Ounce / 3/8 cup** Grain: 1/2 Slice/ Serv/1/4 Cup Veg: 1/4 Cup Fruit: 1/4 Cup
	9 Cheese Pizza English Muffin Peas & Carrots Pineapple	10 Beans & Cheese Burritos Corn Mandarin Oranges	11 Chicken & Rice Soup (WG) Mixed Veggies Apples	12 Turkey Chili Beans Carrot Sticks Saltine Crackers Cantaloupe	13 Chicken Alfredo Penne Pasta (WG) Broccoli Oranges	
	16 Cheese Quesadillas (WG) Peas/Carrots Peaches	17 Veg. Baked Beans Saltine Crackers Corn Pears	18 Turkey Rolls (WG) Mashed Potatoes Mandarin Oranges	19 Beans & Rice (WG) Peas & Carrots Honey Dew Melon	20 Ground Turkey & Cheese Tacos Salad Apples	
	23 Cheese Ravioli Broccoli Apples	24 Turkey/Cheese Wraps (WG) Corn Apples	25 Chicken & Rice Soup (WG) Mixed Veggies Mandarin Oranges			
*Whole, unflavored milk is served to children one year of age and 1 percent, unflavored milk to all children two years of age and older.	30 Rotini (WG) Mac & Cheese Green Beans Mandarin Oranges					This institution is an equal opportunity

***Lunch is served with Milk.