



NOVEMBER 2018 - AT-RISK AFTERSCHOOL HOT SUPPER MENU



Remember that at least one vegetable component MUST be served every day at Supper!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/5/2018 289 WG PANCAKES WITH SAUSAGE PATTY 634 HASH BROWNS 670 FRESH FRUIT 100 WHITE MILK	11/6/2018 252 CHEESEBURGER MACARONI & CHEESE 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK 	11/7/2018 234 WG CHICKEN TENDERS WITH POTATO WEDGES 624 GARLIC BUTTER GREEN BEANS 904 WHEAT BREAD 100 WHITE MILK FOOD ORDER DUE - WEEK OF NOV 26	11/8/2018 294 MEATBALLS W/TOMATO SAUCE 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 907 WHEAT HOT DOG BUN 100 WHI 	11/9/2018 264 4" x 6" WHOLE GRAIN CHEESE PIZZA 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
11/12/2018 253 HOT DOG WITH FRENCH FRIES 670 FRESH FRUIT 907 WHEAT HOT DOG BUN 100 WHITE MILK  Veterans' Day	11/13/2018 255 CHEESE STUFFED BREADSTICKS 622 MARINARA SAUCE CUP 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	11/14/2018 205 WG POPCORN CHICKEN 704 FRENCH FRIES 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK DOUBLE FOOD ORDER DUE WEEKS OF DEC 3 & DEC 10	11/15/2018 226 WG PHILLY STEAK & CHEESE PINWHEEL 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK	11/16/2018 210 WG CRISPY CHICKEN FILLET 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK
11/19/2018 269 MINI CORN DOGS & WG CHICKEN NUGGETS W/POTATO 611 BABY CARROTS PACK 904 WHEAT BREAD 100 WHITE MILK	11/20/2018 222 TURKEY W/GRAVY, WG STUFFING & MASHED 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK	11/21/2018 276 BBQ CHICKEN FAJITA 611 BABY CARROTS PACK 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK NO FOOD ORDER DUE THIS WEEK!	11/22/2018 Happy Thanksgiving!! 	11/23/2018 263 5" ROUND WG CHEESE PIZZA 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
11/26/2018 211 SLOPPY JOE 623 BROCCOLI 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	11/27/2018 207 RIB-B-QUE 610 MASHED POTATOES 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK	11/28/2018 253 HOT DOG WITH FRENCH FRIES 603 MAPLE BAKED BEANS 907 WHEAT HOT DOG BUN 100 WHITE MILK DOUBLE FOOD ORDER WEEKS OF DEC 17 & DEC 24	11/29/2018 204 CHICKEN PARMESAN 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	11/30/2018 274 CURLY CHEESY WG LASAGNA 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK

Milk: Either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk must be served.

REMINDER! Water must be OFFERED every day!

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**MENU SUBJECT TO CHANGE
WG = WHOLE GRAIN-RICH**