

# NOVEMBER 2022 CHILD CARE HOT LUNCH MENU

**Remember that at least one vegetable component MUST be served at every Lunch!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 670 FRESH FRUIT 100 WHITE MILK	281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	264 4" x 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	285 GRILLED CHICKEN STRIPS WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
<b>Halloween</b>	<b>All Saints Day</b>			
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
288 WG MACARONI & CHEESE WITH BROCCOLI 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK	295 MEATLOAF & GRAVY WITH MASHED POTATOES 683 UNSWEETENED APPLESauce CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 100 WHITE MILK
	<b>Election Day</b>			<b>Veterans Day</b>
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	280 BEEF PATTY WITH GREEN BEANS 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	291 GRILLED CHICKEN STRIPS WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 100 WHITE MILK	264 4" x 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	290 SPANISH BROWN RICE WITH BLACK BEANS, CHEDDAR CHEESE & PLAINTAINS 670 FRESH FRUIT 100 WHITE MILK	286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK		296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 684 MIXED BERRY APPLESauce CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
			<b>Thanksgiving Day</b>	
11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
288 WG MACARONI & CHEESE WITH BROCCOLI 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	295 MEATLOAF & GRAVY WITH MASHED POTATOES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 100 WHITE MILK

**MENU SUBJECT TO CHANGE**

**+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD**

**WG = WHOLE GRAIN-RICH**

**Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.**

**CHOPPED ROMAINE SALAD: CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.**

**REMINDER: Water must be OFFERED every day!**

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