


NOVEMBER 2023 CHILD CARE HOT LUNCH MENU

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| 10/30/2023 | 10/31/2023 | 11/1/2023 | 11/2/2023 | 11/3/2023 |
| 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 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 | 283 WG CHICKEN TENDERS WITH CORN 670 FRESH FRUIT or 697 BAGGED APPLE SLICES 100 WHITE MILK | 225 WG CIABATTA GRILLED CHEESE SANDWICH or 256 WG CHEESE STUFFED BREADSTICKS 506 CHOPPED ROMAINE SALAD or 622 RED GOLD MARINARA SAUCE CUP 670 FRESH FRUIT or 682 BANANAS (requires approval to order) 100 WHITE MILK | 276 TERIYAKI CHICKEN WITH BROWN RICE AND CARROTS or 291 GRILLED CHICKEN WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 506 CHOPPED ROMAINE SALAD or 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK |
| 11/6/2023 | 11/7/2023 | ALL SAINTS DAY 11/8/2023 | 11/9/2023 | 11/10/2023 |
| 280 BEEF PATTY WITH GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 914 WHEAT HAMBURGER BUN 100 WHITE MILK | 282 WG BBQ POPCORN CHICKEN WITH MASHED SWEET POTATOES 670 FRESH FRUIT 100 WHITE MILK | 288 WG MACARONI & CHEESE WITH BROCCOLI 608 DOLE TROPICAL FRUIT CUP or 670 FRESH FRUIT 100 WHITE MILK | 263 5" ROUND WG CHEESE PIZZA or 268 WG FRENCH BREAD CHEESE PIZZA 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK | 285 GRILLED CHICKEN WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD or 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK |
| 11/13/2023 | 11/14/2023 | 11/15/2023 | 11/16/2023 | 11/17/2023 |
| 287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK | 293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK | 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK | 296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 506 CHOPPED ROMAINE SALAD or 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK | 283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD or 697 BAGGED APPLE SLICES 100 WHITE MILK |
| 11/20/2023 | 11/21/2023 | 11/22/2023 | 11/23/2023 | 11/24/2023 |
| 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 670 FRESH FRUIT 100 WHITE MILK | 280 BEEF PATTY WITH GREEN BEANS 645 DOLE PINEAPPLE TIDBITS CUP 914 WHEAT HAMBURGER BUN 100 WHITE MILK | 285 GRILLED CHICKEN WITH HONEY MUSTARD SAUCE AND GREEN BEANS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK |  | 288 WG MACARONI & CHEESE WITH BROCCOLI 670 FRESH FRUIT 100 WHITE MILK |
| 11/27/2023 | 11/28/2023 | 11/29/2023 | 11/30/2023 | 12/1/2023 |
| 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 | 276 TERIYAKI CHICKEN WITH BROWN RICE AND CARROTS or 291 GRILLED CHICKEN WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK | 201 CHEESEBURGER ON WG BUN 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT or 682 BANANAS (requires approval to order) 100 WHITE MILK | 284 GRILLED CHICKEN & BROCCOLI ALFREDO WITH WG PENNE PASTA 506 CHOPPED ROMAINE SALAD or 670 FRESH FRUIT 100 WHITE MILK |

MENU SUBJECT TO CHANGE

WG = WHOLE GRAIN-RICH

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

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!