

## November 2018 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Taco w/ Cheese on (WG) Wrap Cucumbers Pears, Milk	2 Cheese Pizza w/ (WG) Crust Romaine Salad Mandarin Oranges, Milk
5 Pasta & Meatballs w/ Sauce Romaine Salad Applesauce Milk	6 Fish Filet (WG) Roll Peas Fruit Cocktail Milk	7 Mac & Cheese Baked Beans Corn Bananas Milk	8 Chicken Patty on (WG) Bun Steamed Broccoli w/ Cheese, Apple Slices, Milk	9 Turkey & Cheese (WG) Hoagie Carrot Sticks w/ Ranch, Tropical Fruit, Milk
12 Fish Filet (WG) Roll Green Beans Applesauce Milk	13 Ham & S/A Cheese (WG) Roll-Up Cucumbers Pineapples, Milk	14 Chicken Nuggets Bread & Butter Corn GS Apple Slices Milk	15 Sloppy Joe w/ (WG) Bun Diced Carrots Pears Milk	16 Cheese Pizza w/ (WG) Crust Romaine Salad Mandarin Oranges, Milk
19 Meatball & Cheese (WG) Bun Mixed Veggies Peaches Milk	20 Mac & Cheese Baked Beans Green Beans Fruit Cocktail Milk	21 Turkey & Gravy (WG) Roll Sweet Potatoes Applesauce Milk	22 <b>Thanksgiving Day Center Closed</b>	23 <b>Day After Thanksgiving Center Closed</b>
26 Sloppy Joe w/ (WG) Bun Green Beans Pineapples Milk	27 Egg Patty w/ Toast Peas Tropical Fruit Milk	28 Hot Ham & S/A Cheese (WG) Hoagie, T. Soup Mixed Veggies Peaches, Milk	29 Beef Taco w/ Cheese on (WG) Wrap Cucumbers Pears, Milk	30 Cheese Pizza w/ (WG) Crust Romaine Salad Mandarin Oranges, Milk

Food Components	Minimum Serving Sizes: 1-2 years	Minimum Serving Sizes: 3-5 years	Minimum Serving Sizes: 6-12 years
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
Meat/Meat Alternates	1 ounce	1 1/2 ounces	2 ounces
Vegetables	1/8 cup	1/4 cup	1/2 cup
Fruits	1/8 cup	1/4 cup	1/4 cup
Grains	1/2 slice or 1/4 cup	1/2 slice or 1/4 cup	1 slice or 1/2 cup

**\*Please utilize Lunch/Supper Meal Pattern Sheet posted by menu in kitchen for additional information on serving sizes.**