

Mon	Tue	Wed	Thu	Fri
10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023
Main Entree Cheese Stick	Main Entree Egg & Cheese Wrap	Main Entree Yogurt Cup	Main Entree Turkey Sausage	Grain WG Cheese Breadstick
Grain Bagel, whole grain	Fruit Banana	Grain WW Muffin Tops	Grain Whole Wheat Pancakes	Fruit Grapes
Fruit Apple	Fruit Juice Fruit Juice	Fruit Banana	Fruit Grapes	Fruit Juice Fruit Juice
Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk
Milk 1% Milk Skim Milk		Milk 1% Milk Skim Milk	Milk 1% Milk Skim Milk	
Condiments Cream Cheese Cup			Condiments Maple Syrup-Sugar Free	
11/6/2023	11/7/2023	11/8/2023	11/9/2023	11/10/2023
Main Entree Cheese Stick	Main Entree Turkey Sausage	Main Entree Yogurt Cup	Main Entree Cheese Stick	Main Entree Grape filled Crescent
Grain Cereal Cup, WG	Grain Biscuit, whole grain	Grain WW Muffin Tops	Grain Waffle, WG	Fruit Banana
Fruit Grapes	Fruit Apple	Fruit Orange Slices	Fruit Peaches, canned	Fruit Juice Fruit Juice
Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk
Milk Skim Milk 1% Milk	Milk Skim Milk 1% Milk	Milk Skim Milk 1% Milk	Milk 1% Milk Skim Milk	
			Condiments Maple Syrup-Sugar Free	
11/13/2023	11/14/2023	11/15/2023	11/16/2023	11/17/2023
Grain Cereal Cup, WG	Main Entree Berry and Yogurt Parfait	Main Entree Turkey & Cheese Croissant	Main Entree Turkey Sausage	Main Entree Yogurt Smoothie
Fruit Grapes	Grain Granola Pack	Fruit Apple	Grain Butter Toast, WG	Grain WG Cereal bar
Fruit Juice Fruit Juice	Fruit Banana	Fruit Juice Fruit Juice	Fruit Orange Slices	Fruit Apple
Milk 1% Milk Skim Milk	Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk	Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk
	Milk 1% Milk Skim Milk		Milk 1% Milk Skim Milk	
11/20/2023	11/21/2023	11/22/2023	11/23/2023	11/24/2023
Main Entree Yogurt Cup	Main Entree Cheese Stick	Main Entree Grape filled Crescent		
Grain WG Cereal bar	Grain Cereal Cup, WG	Fruit Apple		
Fruit Grapes	Fruit Banana	Fruit Juice Fruit Juice		
Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk		
Milk 1% Milk Skim Milk	Milk 1% Milk Skim Milk			

Mon	Tue	Wed	Thu	Fri
11/27/2023	11/28/2023	11/29/2023	11/30/2023	12/1/2023
Main Entree Cheese Stick	Main Entree Egg & Cheese Wrap	Main Entree Yogurt Cup	Main Entree Turkey Sausage	Grain WG Cheese Breadstick
Grain Bagel, whole grain	Fruit Banana	Grain WW Muffin Tops	Grain Whole Wheat Pancakes	Fruit Grapes
Fruit Apple	Fruit Juice Fruit Juice	Fruit Banana	Fruit Grapes	Fruit Juice Fruit Juice
Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk
Milk 1% Milk Skim Milk		Milk 1% Milk Skim Milk	Milk 1% Milk Skim Milk	
Condiments Cream Cheese Cup			Condiments Maple Syrup-Sugar Free	

Mon	Tue	Wed	Thu	Fri
10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023
Grain WG Cheese Breadstick	Main Entree Tomato Meat Sauce	Main Entree Chicken Cannellini Alfredo	Main Entree Beefy Lasagna	Main Entree Nacho Cheese
Vegetable Marinara sauce Mixed Vegetables Choice of Salad Vegetables	Grain Whole Wheat Pasta	Grain Whole Wheat Pasta Breadstick, whole grain	Grain Breadstick, whole grain	Grain Tortilla Chips, WG
Fruit Applesauce	Vegetable Choice of Salad Vegetables Green Beans	Vegetable Broccoli florets Choice of Salad Vegetables	Vegetable Choice of Salad Vegetables Corn	Vegetable Refried Beans Carrots
Milk 1% Milk Chocolate Milk Fat Free	Fruit Grapes	Fruit Mixed Fruit, canned	Fruit Peaches, canned	Fruit Pears, canned
	Milk 1% Milk Chocolate Milk Fat Free	Milk 1% Milk Chocolate Milk Fat Free	Milk 1% Milk Chocolate Milk Fat Free	Milk 1% Milk Chocolate Milk Fat Free
11/6/2023	11/7/2023	11/8/2023	11/9/2023	11/10/2023
Main Entree Meatloaf	Main Entree Sloppy Joes	Main Entree Oven Roasted Chicken	Main Entree Salisbury Steak	Main Entree Nacho Cheese
Grain Biscuit, whole grain	Grain Whole Wheat Bun	Grain Cornbread, WG	Grain Steamed Brown Rice	Grain Tortilla Chips, WG
Vegetable Mashed Potatoes Choice of Salad Vegetables	Vegetable Baked Beans Choice of Salad Vegetables	Vegetable Carrots Choice of Salad Vegetables	Vegetable Choice of Salad Vegetables Broccoli florets	Vegetable Refried Beans Carrots
Fruit Applesauce	Fruit Grapes	Fruit Mixed Fruit, canned	Fruit Peaches, canned	Fruit Pears, canned
Milk Chocolate Milk Fat Free 1% Milk	Milk Chocolate Milk Fat Free 1% Milk	Milk Chocolate Milk Fat Free 1% Milk	Milk Chocolate Milk Fat Free 1% Milk	Milk Chocolate Milk Fat Free
			Condiments Gravy	
11/13/2023	11/14/2023	11/15/2023	11/16/2023	11/17/2023
Main Entree Frito Pie	Main Entree Navajo Burger	Main Entree Chicken Vegetable Pot Pie	Main Entree Sliced Turkey	Main Entree Nacho Cheese
Grain Corn Chips	Grain Navajo Bread	Grain Biscuit, whole grain	Grain WG Roll	Grain Tortilla Chips, WG
Vegetable Shredded Lettuce & Tomatoes Choice of Salad Vegetables	Vegetable Shredded Lettuce & Tomatoes Choice of Salad Vegetables	Vegetable Peas & Carrots Choice of Salad Vegetables	Vegetable Green Beans Mashed Potatoes	Vegetable Refried Beans Carrots
Fruit Applesauce	Fruit Grapes	Fruit Mixed Fruit, canned	Fruit Peaches, canned	Fruit Pears, canned
Milk 1% Milk Chocolate Milk Fat Free	Milk 1% Milk Chocolate Milk Fat Free	Milk 1% Milk Chocolate Milk Fat Free	Milk Chocolate Milk Fat Free 1% Milk	Milk 1% Milk Chocolate Milk Fat Free
			Condiments Gravy	

Mon	Tue	Wed	Thu	Fri
11/20/2023	11/21/2023	11/22/2023	11/23/2023	11/24/2023
Main Entree Deli Sandwich	Main Entree Cheese Stick	Main Entree Uncrustables		
Vegetable Hummus Dip Celery Jicama sticks	Grain Sun Chips WG	Vegetable Hummus Dip Carrots		
Fruit Applesauce	Vegetable Broccoli florets Tomato Bites	Fruit Apple		
Milk Chocolate Milk Fat Free 1% Milk	Fruit Grapes	Milk Chocolate Milk Fat Free 1% Milk		
	Milk Chocolate Milk Fat Free 1% Milk			
11/27/2023	11/28/2023	11/29/2023	11/30/2023	12/1/2023
Main Entree Beef Gyro	Main Entree Chicken Shawarma	Main Entree Saltsa Kima-Greek Chili	Main Entree Greek Salad	Main Entree Nacho Cheese
Grain WG Pita Pocket	Grain Whole Wheat Tortilla	Grain Whole Wheat Pasta	Grain Pita Chips	Grain Tortilla Chips, WG Cookie, whole grain
Vegetable Shredded Lettuce & Tomatoes Carrots Choice of Salad Vegetables	Vegetable Cucumber Slices Skordalia-Garlic Mashed Potatoes Choice of Salad Vegetables	Vegetable Mixed Vegetables Choice of Salad Vegetables	Vegetable Falafel Hummus Dip	Vegetable Refried Beans Corn
Fruit Applesauce	Fruit Grapes	Fruit Mixed Fruit, canned	Fruit Peaches, canned	Fruit Pears, canned
Milk 1% Milk Chocolate Milk Fat Free	Milk 1% Milk Chocolate Milk Fat Free	Milk 1% Milk Chocolate Milk Fat Free	Milk 1% Milk Chocolate Milk Fat Free	Milk 1% Milk Chocolate Milk Fat Free
Condiments Tzatziki -Creamy Cucumber Sauce		Dairy and Egg Products Shredded Yellow Cheese		

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 10/29/2023, End = 12/2/2023)
Menu Plan	(23/24 Mid-C Breakfast, 23/24 Mid-C Lunch)