<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Entrees</strong>&lt;br&gt;• Brown Rice&lt;br&gt;• BBQ Chicken&lt;br&gt;• French Fries&lt;br&gt;• Teryaki Sauce&lt;br&gt;• Sweet Potato Fries&lt;br&gt;• Seasoned Broccoli Florets&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Main Entrees</strong>&lt;br&gt;• Classic Hamburger&lt;br&gt;• French Fries&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Main Entrees</strong>&lt;br&gt;• Crispy Chicken Patty Sandwich&lt;br&gt;• French Fries&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Main Entrees</strong>&lt;br&gt;• Penne Pasta&lt;br&gt;• Whole Grain&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td></td>
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<tr>
<td><strong>Alternate Entrees</strong>&lt;br&gt;• Blackened Salmon&lt;br&gt;• French Fries&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Alternate Entrees</strong>&lt;br&gt;• Fish &amp; Chips&lt;br&gt;• French Fries&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Alternate Entrees</strong>&lt;br&gt;• Tuscan Style Ravioli&lt;br&gt;• French Fries&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Alternate Entrees</strong>&lt;br&gt;• Beef Stroganoff&lt;br&gt;• Whole Grain&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td></td>
</tr>
<tr>
<td><strong>Sides for All Meals</strong>&lt;br&gt;• French Fries&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Sides for All Meals</strong>&lt;br&gt;• French Fries&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Sides for All Meals</strong>&lt;br&gt;• French Fries&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Sides for All Meals</strong>&lt;br&gt;• French Fries&lt;br&gt;• Fresh Whole Fruit&lt;br&gt;• Fresh Brown Sauce&lt;br&gt;• Milk &amp; Condiments&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
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<td><strong>Milk &amp; Condiments</strong>&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Milk &amp; Condiments</strong>&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Milk &amp; Condiments</strong>&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
<td><strong>Milk &amp; Condiments</strong>&lt;br&gt;• 1% Low-fat Milk&lt;br&gt;• Skim Milk</td>
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**Main Entrees**<br>• Brown Rice<br>• Grilled Chicken<br>• Sliced Fresh Fruits<br>• Seasoned Broccoli Florets<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Main Entrees**<br>• Classic Four Cheese Pizza<br>• Whole Grain<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Main Entrees**<br>• SunButter & Grape Jelly Sandwich<br>• Whole Grain<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Main Entrees**<br>• Shredded Cheese<br>• Whole Grain<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk |

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**Alternate Entrees**<br>• Blackened Salmon<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Alternate Entrees**<br>• Fish & Chips<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Alternate Entrees**<br>• Tuscan Style Ravioli<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Alternate Entrees**<br>• Beef Stroganoff<br>• Whole Grain<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk |

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**Sides for All Meals**<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Sides for All Meals**<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Sides for All Meals**<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Sides for All Meals**<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk |

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**Milk & Condiments**<br>• 1% Low-fat Milk<br>• Skim Milk | **Milk & Condiments**<br>• 1% Low-fat Milk<br>• Skim Milk | **Milk & Condiments**<br>• 1% Low-fat Milk<br>• Skim Milk | **Milk & Condiments**<br>• 1% Low-fat Milk<br>• Skim Milk |

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**Main Entrees**<br>• Classic Hamburger<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Main Entrees**<br>• SunButter & Grape Jelly Sandwich<br>• Whole Grain<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Main Entrees**<br>• Tuscan Style Ravioli<br>• Whole Grain<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Main Entrees**<br>• Shredded Cheese<br>• Whole Grain<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk |

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**Alternate Entrees**<br>• Blackened Salmon<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Alternate Entrees**<br>• Fish & Chips<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Alternate Entrees**<br>• Tuscan Style Ravioli<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Alternate Entrees**<br>• Beef Stroganoff<br>• Whole Grain<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk |

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**Sides for All Meals**<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Sides for All Meals**<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Sides for All Meals**<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk | **Sides for All Meals**<br>• French Fries<br>• Fresh Whole Fruit<br>• Fresh Brown Sauce<br>• Milk & Condiments<br>• 1% Low-fat Milk<br>• Skim Milk |

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**Milk & Condiments**<br>• 1% Low-fat Milk<br>• Skim Milk | **Milk & Condiments**<br>• 1% Low-fat Milk<br>• Skim Milk | **Milk & Condiments**<br>• 1% Low-fat Milk<br>• Skim Milk | **Milk & Condiments**<br>• 1% Low-fat Milk<br>• Skim Milk |

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November 2023

Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman)

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<th>WEDNESDAY</th>
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<td>Snack</td>
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<tr>
<td></td>
<td>• Tostitos Tortilla Chips</td>
<td>• Cheddar Goldfish Crackers</td>
<td>• Bug Bites Graham Crackers</td>
<td>• Cinnamon Goldfish Graham Crackers</td>
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<td></td>
<td>• Salsa</td>
<td>• Sliced Cucumbers</td>
<td>• Fresh Carrots</td>
<td>• Fresh Banana</td>
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<td></td>
<td>• Whole Grain Cheez-It Crackers</td>
<td>• Low Fat Mozzarella String Cheese</td>
<td>• Cheddar Goldfish Crackers</td>
<td>• Cinnamon Goldfish Graham Crackers</td>
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<td></td>
<td>• Fresh Broccoli Florets</td>
<td>• Sliced Fresh Apples</td>
<td>• Fresh Carrots</td>
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<td></td>
<td>• Tostitos Tortilla Chips</td>
<td>• Cranberry Granola</td>
<td>• Pretzel Heartzels</td>
<td>• Scooby Doo Graham Crackers</td>
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<td>• Salsa</td>
<td>• Raspberry Rainbow Yogurt</td>
<td>• Celery Sticks with Hummus</td>
<td>• Graham Crackers</td>
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<td>• Cheddar Goldfish Crackers</td>
<td>• Cinnamon Goldfish Graham Crackers</td>
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<td>• Sliced Cucumbers</td>
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<td></td>
<td>• Cheddar Goldfish Crackers</td>
<td>• Carrot &amp; Celery Sticks</td>
<td>• Pretzel Heartzels</td>
<td>• Cinnamon Goldfish Graham Crackers</td>
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<td>• Sliced Fresh Apples</td>
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<td>• Celery Sticks with Hummus</td>
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<td>• Bug Bites Graham Crackers</td>
<td>• Fresh Carrots</td>
<td>• Cinnamon Goldfish Graham Crackers</td>
<td>• Strawberry Banana Bash Yogurt</td>
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<td></td>
<td>• Fresh Carrots</td>
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<td>• Fresh Banana</td>
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</tbody>
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<th>Thursday</th>
<th>Friday</th>
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<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
</tr>
</tbody>
</table>
| Breakfast:  
  - Whole Grain Waffles  
  - Strawberry Yogurt  
  - Sides for All Meals  
  - Fresh Pear  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk | Breakfast:  
  - Cheerios Cereal  
  - Low Fat Mozzarella String Cheese  
  - Sides for All Meals  
  - Blueberries  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  
  - Syrup | Breakfast:  
  - Bagel  
  - Cream Cheese  
  - Bagel  
  - Strawberry Jam  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Banana  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - 1% Low-fat Milk  
  - Skim Milk | Breakfast:  
  - Bagel  
  - Cream Cheese  
  - Bagel  
  - Strawberry Jam  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Banana  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - 1% Low-fat Milk  
  - Skim Milk | Breakfast:  
  - Bagel  
  - Cream Cheese  
  - Bagel  
  - Strawberry Jam  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Banana  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - 1% Low-fat Milk  
  - Skim Milk |
| **6**  | **7**   | **8**     | **9**    | **10** |
| Breakfast:  
  - Whole Grain Waffles  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Pear  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk | No School. Election Day! | Breakfast:  
  - Pancakes  
  - Strawberry Yogurt  
  - Sides for All Meals  
  - Fresh Banana  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk | Breakfast:  
  - Corn Chex Cereal  
  - Low Fat Mozzarella String Cheese  
  - Sides for All Meals  
  - Blueberries  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  
  - Syrup | Breakfast:  
  - Bagel  
  - Cream Cheese  
  - Bagel  
  - Strawberry Jam  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Banana  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - 1% Low-fat Milk  
  - Skim Milk | Breakfast:  
  - Bagel  
  - Cream Cheese  
  - Bagel  
  - Strawberry Jam  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Banana  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - 1% Low-fat Milk  
  - Skim Milk |
| **13** | **14**  | **15**    | **16**   | **17** |
| Breakfast:  
  - Cinnamon French Toast  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Pear  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  
  - Syrup | Breakfast:  
  - Whole Grain Blueberry Muffin  
  - Low Fat Mozzarella String Cheese  
  - Sides for All Meals  
  - Red Delicious Apple Halved  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk | Breakfast:  
  - Whole Grain Waffles  
  - Strawberry Yogurt  
  - Sides for All Meals  
  - Fresh Banana  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  
  - Syrup | Breakfast:  
  - Corn Chex Cereal  
  - Low Fat Mozzarella String Cheese  
  - Sides for All Meals  
  - Blueberries  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  | Breakfast:  
  - Bagel  
  - Cream Cheese  
  - Bagel  
  - Strawberry Jam  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Banana  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - 1% Low-fat Milk  
  - Skim Milk | Breakfast:  
  - Bagel  
  - Cream Cheese  
  - Bagel  
  - Strawberry Jam  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Banana  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - 1% Low-fat Milk  
  - Skim Milk |
| **20** | **21**  | **22**    | **23**   | **24** |
| Breakfast:  
  - Pancakes  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Pear  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  
  - Syrup | Breakfast:  
  - WG Banana Muffin  
  - Low Fat Mozzarella String Cheese  
  - Sides for All Meals  
  - Red Delicious Apple Halved  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  
  - Syrup | Closed for Thanksgiving Break! | Closed for Thanksgiving Break! | Closed for Thanksgiving Break! |
| **27** | **28**  | **29**    | **30**   |        |
| Breakfast:  
  - Whole Grain Waffles  
  - Vanilla Yogurt  
  - Sides for All Meals  
  - Fresh Pear  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  
  - Syrup | Breakfast:  
  - Whole Grain Apple Cinnamon Muffin  
  - Low Fat Mozzarella String Cheese  
  - Sides for All Meals  
  - Red Delicious Apple Halved  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  
  - Syrup | Breakfast:  
  - Pancakes  
  - Strawberry Yogurt  
  - Sides for All Meals  
  - Fresh Banana  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  
  - Syrup | Breakfast:  
  - Corn Chex Cereal  
  - Low Fat Mozzarella String Cheese  
  - Sides for All Meals  
  - Blueberries  
  - Fresh Whole Fruit  
  - Milk & Condiments  
  - Skim Milk  
  - 1% Low-fat Milk  |        |

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