

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Main Entrees
 - Classic Hamburger
- Alternate Entrees
 - Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
 - Fresh Whole Fruit
 - Hash Brown Patty
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

2

- Main Entrees
 - Crispy Chicken Patty Sandwich
- Alternate Entrees
 - Vegan Chic'n Nuggets
 - Breadstick
- Sides for All Meals
 - Sweet Potato Fries
 - Pineapple Tidbits
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

3

- Main Entrees
 - Penne Pasta
 - Beef Meatballs
 - Shredded Mozzarella Cheese
 - Spaghetti Sauce
- Alternate Entrees
 - Muffin, Cheese, & Yogurt Fun Lunch
- Sides for All Meals
 - Unsweetened Applesauce
 - Steamed Peas
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

6

- Main Entrees
 - Brown Fried Rice
 - BBQ Chicken
- Alternate Entrees
 - Brown Fried Rice
 - Teriyaki Sauce
 - Vegan Chic'n Nuggets
- Sides for All Meals
 - Chilled Peaches
 - Seasoned Broccoli Florets
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

7

No School. Election Day!

8

- Main Entrees
 - Chicken Nuggets
 - Whole Grain Dinner Roll
- Alternate Entrees
 - Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
 - Fresh Whole Fruit
 - Sugar Snap Peas
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

9

- Main Entrees
 - Whole Grain Waffle
 - Turkey Sausage Patty
- Sides for All Meals
 - Fresh Red Delicious Apple
 - Hash Brown Patty
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

10

- Main Entrees
 - Penne Pasta
 - Marinara Sauce
 - Beef Meatballs
 - Shredded Mozzarella Cheese
- Sides for All Meals
 - Fresh Whole Fruit
 - Seasoned Carrots
- Milk & Condiments
 - Low Fat Lactose-Free Milk
 - Skim Milk

13

- Main Entrees
 - Macaroni and Cheese
 - Breadstick
 - Shredded Cheddar Cheese
- Alternate Entrees
 - Yogurt, Cheese & Cracker Fun Lunch
- Sides for All Meals
 - Fruit Cocktail
 - Corn
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

14

- Main Entrees
 - Classic Four Cheese Pizza
- Sides for All Meals
 - Fresh Whole Fruit
 - Ranch Dressing
 - Spinach & Romaine Salad
 - Golden Italian Dressing
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

15

- Main Entrees
 - Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
 - Chilled Peaches
 - Tater Tots
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

16

- Main Entrees
 - Chicken Nuggets
 - Whole Grain Dinner Roll
- Alternate Entrees
 - Vegan Chic'n Nuggets
 - Whole Grain Dinner Roll
- Sides for All Meals
 - Fresh Banana
 - Boston Baked Beans
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

17

- Main Entrees
 - Shredded Mozzarella Cheese
 - Penne Pasta
 - Marinara Sauce
 - Beef Meatballs
- Sides for All Meals
 - Fresh Whole Fruit
 - Seasoned Spinach
- Milk & Condiments
 - Low Fat Lactose-Free Milk
 - Skim Milk

20

- Main Entrees
 - Brown Rice
 - Grilled Chicken Breast
- Alternate Entrees
 - Veggie Burger
- Sides for All Meals
 - Unsweetened Applesauce
 - Sweet Potato Fries
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

21

- Main Entrees
 - Classic Four Cheese Pizza
- Sides for All Meals
 - Fresh Pear
 - Peas and Carrots
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

22

Closed for Thanksgiving Break!

23

Closed for Thanksgiving Break!

24

Closed for Thanksgiving Break!

27

- Main Entrees
 - Classic Hamburger
- Alternate Entrees
 - Veggie Burger
- Sides for All Meals
 - Sliced Fresh Apples
 - Seasoned Broccoli Florets
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

28

- Main Entrees
 - Soft Flour Tortilla
 - Beef Taco Meat
 - Low Fat Sour Cream
 - Shredded Romaine Lettuce
 - Shredded Cheddar Cheese
- Alternate Entrees
 - Mexican Style Refried Beans
 - Soft Flour Tortilla
 - Low Fat Sour Cream
 - Shredded Romaine Lettuce
 - Shredded Cheddar Cheese
- Sides for All Meals
 - Fresh Whole Fruit
 - Seasoned Corn
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

29

- Main Entrees
 - Campbell's Tomato Soup
 - Cheese Stuffed Breadsticks
- Alternate Entrees
 - Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
 - Chilled Peaches
 - Tater Tots
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

30

- Main Entrees
 - Whole Grain Dinner Roll
 - Chicken Tenders
- Alternate Entrees
 - Vegan Chic'n Nuggets
 - Whole Grain Dinner Roll
- Sides for All Meals
 - Fresh Whole Fruit
 - Cinnamon Glazed Carrots
- Milk & Condiments
 - 1% Low-fat Milk
 - Skim Milk

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

November 2023

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

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Snack • Cheddar Goldfish Crackers • Sliced Cucumbers	2 Snack • Bug Bites Graham Crackers • Fresh Carrots	3 Snack • Cinnamon Goldfish Graham Crackers • Fresh Banana
6 Snack • Tostitos Tortilla Chips • Salsa	7 Snack • Low Fat Mozzarella String Cheese • Sliced Fresh Apples	8 Snack • Cheddar Goldfish Crackers • Sliced Cucumbers	9 Snack • Bug Bites Graham Crackers • Fresh Carrots	10 Snack • Cinnamon Goldfish Graham Crackers • Strawberry Banana Bash Yogurt
13 Snack • Whole Grain Cheez-It Crackers • Fresh Broccoli Florets	14 Snack • Cranberry Granola • Raspberry Rainbow Yogurt	15 Snack • Pretzel Hartzels • Celery Sticks with Hummus	16 Snack • Cinnamon Goldfish Graham Crackers • Sliced Cucumbers	17 Snack • Scooby Doo Graham Crackers • Fresh Carrots
20 Snack • Tostitos Tortilla Chips • Salsa	21 Snack • Low Fat Mozzarella String Cheese • Fresh Banana	22 Snack • Cheddar Goldfish Crackers • Sliced Cucumbers	23 Snack • Bug Bites Graham Crackers • Fresh Carrots	24 Snack • Cinnamon Goldfish Graham Crackers • Strawberry Banana Bash Yogurt
27 Snack • Whole Grain Cheez-It Crackers • Sliced Cucumbers	28 Snack • Cheddar Goldfish • Carrot & Celery Sticks	29 Snack • Pretzel Hartzels • Sliced Fresh Apples	30 Snack • Cinnamon Goldfish Graham Crackers • Raspberry Rainbow Yogurt	

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November 2023

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

Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Breakfast
- Whole Grain Waffles
 - Strawberry Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

2

- 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

3

- Breakfast
- Bagel
 - Cream Cheese
 - Strawberry Jam
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

6

- Breakfast
- Whole Grain Waffles
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Pear
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

7

No School. Election Day!

8

- Breakfast
- Pancakes
 - Strawberry Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

9

- 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

10

- Breakfast
- Bagel
 - Cream Cheese
 - Strawberry Jam
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

13

- Breakfast
- Cinnamon French Toast
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Pear
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

14

- 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

15

- Breakfast
- Whole Grain Waffles
 - Strawberry Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

16

- Breakfast
- Cheerios Cereal
 - Low Fat Mozzarella String Cheese
- Sides for All Meals
- Blueberries
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

17

- Breakfast
- Bagel
 - Cream Cheese
 - Strawberry Jam
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

20

- Breakfast
- Pancakes
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Pear
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

21

- 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

22

Closed for Thanksgiving Break!

23

Closed for Thanksgiving Break!

24

Closed for Thanksgiving Break!

27

- Breakfast
- Whole Grain Waffles
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Pear
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

28

- 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

29

- Breakfast
- Pancakes
 - Strawberry Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

30

- 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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