

Food Bank November 2024	MEAL (Menu Week)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast (Menu Week 1)					1 8 oz. Milk ½ cup Mandarin Oranges 2 cups of Chex Cereal
	Lunch (Menu Week 4)			This menu is subject to change!		2 oz. Chicken Ceasar Pasta Salad ½ cup Broccoli ½ cup Pineapple 1 cup WG Pasta 8 oz. 1% Milk
	Snack (Menu Week 1)					½ cup 100% Fruit Juice Blueberry Muffin w/butter cup
	Breakfast (Menu Week 2)	4 8 oz. Milk ½ cup Apple sauce 2 cups Honey Nut Cheerios	5 8 oz Milk ½ cup Pears 2 cups Oatmeal	6 8 oz Milk ½ cup Peaches 2 cups of Coco Puffs	7 8 oz Milk ½ cup Pineapples 2 cups Lucky Charms	8 8 oz. Milk ½ cup Mandarin Oranges 1 English Muffin w/butter cup
	Lunch (Menu Week 1)	2 oz Chicken Alfredo Casserole 1 cup WG Pasta ½ cup Peas ½ cup Applesauce 8 oz 1% Milk	2 oz Ham & Swiss Sandwich ½ cup Carrots ½ cup Mandarin Oranges 1 WG Bun 8 oz 1% Milk	2 oz Pulled Pork Sandwich ½ cup Collard Greens ½ cup Baked Beans 1 cup WG Bun 8 oz 1% Milk	2 oz Cranberry Pecan Chicken Salad ½ cup Steamed Broccoli ½ cup Fruit Cocktail 1 WG Bread 8 oz 1% Milk	2 oz. Turkey & American Sandwich ½ cup Green Beans ½ cup Applesauce 2 Slices WG Bread 8 oz. 1% Milk
	Snack (Menu Week 2)	½ cup Vanilla/Chocolate Pudding ½ cup 100% Fruit Juice	½ cup Fruit Juice ½ cup WG Cheese Crackers	½ cup Fruit Juice Croissant w/Cream Cheese	½ cup 100% Fruit Juice Cereal Bar	½ cup Yogurt ¼ cup Granola
	Breakfast (Menu Week 3)	11 8 oz. Milk ½ cup Apple Sauce 2 cups of Chex Cereal	12 8 oz. Milk ½ cup Pears 2 cups Oatmeal	13 8 oz. Milk ½ cup Peaches 2 cups of Lucky Charms	14 8 oz Milk ½ cup Pineapples 2 cups Honey Nut Cheerios	15 8 oz Milk ½ cup Mandarin Oranges 1 (2 serving) English Muffin w/Butter
	Lunch (Menu Week 2)	2 oz. Oven Fried Chicken ½ cup Green Beans ½ cup Mandarin Oranges 1 servings WG Soft Rolls 8 Oz. 1% Milk	WG Peanut Butter & Jelly ½ cup Carrots ½ cup Pears 1 Cheese Stick 8 oz 1% Milk	2 oz. Stir-Fry Chicken ½ cup Stir-Fry Vegetables ½ cup Mandarin Oranges ½ cup WG Rice 8 oz. 1% Milk	2 oz Hawaiian Ham Pasta Salad ½ cup Steamed Broccoli ½ cup Pineapple 1 WG Pasta 8 oz. 1% Milk	2 oz. Bologna & American Sandwich ½ cup Green Beans ½ cup Fruit Cocktail 2 Slices WG Bread 8 oz. 1% Milk
	Snack (Menu Week 3)	½ cup 100% Fruit Juice ½ cup WG Animal Crackers	½ cup 100% Fruit Juice ½ cup Lorna Doone's	8 oz. Chocolate Milk Croissant w/Cream Cheese	½ cup 100% Fruit Juice ½ cup WG Cereal Bar	½ cup 100% Fruit Juice ½ cup WG Cheese Crackers
	Breakfast (Menu Week 4)	18 8 oz Milk ½ cup Apple Sauce 2 cups Coco Puffs	19 8 oz. Milk ½ cup Pears 2 cups Oatmeal	20 8 oz Milk ½ cup Peaches 1 Bagel w/Cream Cheese	21 8 oz Milk ½ cup Pineapples 2 cups of Lucky Charms	22 8 oz Milk ½ cup Mandarin Oranges 2 cups of Chex Cereal
	Lunch (Menu Week 3)	2 oz. Chicken Nuggets ½ cup Steamed Broccoli ½ cup Peaches 1 WG Rolls 8 oz. 1% Milk	2 oz Turkey & American Sandwich ½ cup Cucumber Salad ½ cup Fruit Cocktail 2 Slices WG Bread 8 oz. 1% Milk	2 oz. Ground Beef Stroganoff ½ cup Steamed Carrots ½ cup Applesauce 1 cup WG Egg Noodles 8 oz 1% Milk	2 oz Apple Walnut Turkey Salad ½ cup Steamed Broccoli ½ cup Mandarin Oranges 1 cup WG Bread 8 oz 1% Milk	2 oz Ham & Swiss Sandwich ½ cup Steamed Carrots ½ cup Pears 1 WG Bun 8 oz 1% Milk
	Snack (Menu Week 4)	1 oz Cheese Stick ½ cup WG Pretzels	½ cup Yogurt ¼ cup Granola	8 oz 100% Fruit Juice Cereal Bar	8 oz Fruit Juice Chex Mix	8 oz 100% Fruit Juice WG Cheese Crackers
	Breakfast (Menu Week 1)	25 8 oz Milk ½ cup Apple Sauce Bagel w/Cream Cheeses	26 8 oz Milk ½ cup Pears 2 cups Oatmeal	27 8 oz Milk ½ cup Peaches 2 cups Coco Puffs	28	29
	Lunch (Menu Week 4)	3 oz Baked Ham ½ cup Carrots ½ cup Peaches 1 WG Roll 8 oz 1% Milk	WG Peanut Butter & Jelly ½ cup Carrots ½ cup Applesauce 1 Cheese Stick 8 oz 1% Milk	2 oz. Meatloaf w/Gravy ½ cup Mashed Sweet Potatoes ½ Fruit Cocktail 1 WG Roll 8 oz 1% Milk	<i>Happy Thanksgiving!</i>	CLOSED
	Snack (Menu Week 1)	½ cup 100% Fruit Juice ½ cup WG Pretzels	½ cup Yogurt ½ cup Granola	½ cup 100% Fruit Juice ½ cup Graham Crackers		

