



FROM THE HEART – NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals Provided by Teach, Learn, Change  * Menu Subject to Change This institution is an equal opportunity provider.				Breakfast: Rice Krispies, Fruit, Milk Lunch: Teriyaki Chicken Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Goldfish, String Cheese
Breakfast: English Muffin, Fruit, Milk Lunch: Chicken Patty Sandwich Breaded Chicken, WG Bun, Carrots, Corn, Milk Snack: Yogurt, Fruit	Breakfast: Rice Chex, Fruit, Milk Lunch: Chicken Taco Chicken, WG Corn Tortilla, Lettuce, Tomato, Pinto Beans, Milk Snack: WG Wheat Thins, Cheese	Breakfast: Pancake, Fruit, Milk Lunch: Fried Rice w/ Chicken Chicken, Brown Rice, Peas & Carrots, Salad, Milk Snack: Pretzels, 100% Juice	Breakfast: Corn Flakes, Fruit, Milk Lunch: Spaghetti & Meatballs Meatballs, WG Pasta, Green Beans, Fruit, Milk Snack: Graham Crackers, Milk	Breakfast: Biscuit, Fruit, Milk Lunch: Sloppy Joes Ground Turkey, WG Bun, Tater Tots, Milk, Fruit Snack: Cheez Its, 100% Fruit Juice
	Breakfast: WG Cheerios, Fruit, Milk Lunch: Hawaiian Chicken Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Pretzels, 100% Fruit Juice	Breakfast: Bagel, Fruit, Milk Lunch: Spaghetti Ground Turkey, WG Pasta, Green Beans, Fruit, Milk Snack: Animal Crackers, Milk	Breakfast: Rice Krispies Fruit, Milk Lunch: Chicken Salad Chicken, WG Pita Bread, Salad, Carrots, Milk Snack: Yogurt, Fruit	Breakfast: Waffles, Fruit, Milk Lunch: Taco Ground Turkey, Refried Beans, Corn Tortilla, Fruit, Milk Snack: Goldfish, 100% Juice
Breakfast: English Muffin, Fruit, Milk Lunch: Turkey Sub Sliced Turkey, WG Bread, Cole Slaw, Cucumber, Milk Snack: String Cheese, Ritz Crackers	Breakfast: Life Cereal, Fruit, Milk Lunch: Chicken Alfredo Chicken, WG Pasta, Green Beans, Fruit, Milk Snack: Goldfish, 100% Juice	Breakfast: Pancakes, Fruit, Milk Lunch: Asian Chicken Salad Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Graham Crackers, Milk	Breakfast: Kix, Fruit, Milk Lunch: BBQ Pulled Chicken Chicken, WG Bun, Baked Beans, Corn, Milk Snack: WG Wheat Thins, Carrots	Breakfast: French Toast Sticks, Fruit, Milk Lunch: Chili Ground Turkey, Kidney Beans, WG Brown Rice, Fruit, Milk Snack: Chex Mix, 100% Fruit Juice
Breakfast: Bagel, Fruit, Milk Lunch: Meatball Sub Meatball, WG Sub Roll, Tater Tots, Fruit, Milk Snack: Yogurt, Granola	Breakfast: Cheerios, Fruit, Milk Lunch: Enchilada Pie Ground Turkey, WG Corn Tortillas, Refried Beans, Fruit, Milk Snack: Animal Crackers, Milk	Breakfast: Waffle, Fruit, Milk Lunch: Baked Chicken Chicken, WG Dinner Roll, Mashed Potatoes, Peas, Milk Snack: Cheez Its, 100% Fruit Juice		

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast: grain - ½ serving bread or muffin or 1/3 cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup 1% plain milk
Lunch: meat/meat alternate - 1 ½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit - ¼cup; milk- ¾cup 1% plain milk
Snack (two of the following): meat/meat alternate - ½oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup 1% plain milk
 *(WG) = Whole Grain