



Lunch Menu – Wheat & Soy Free

November 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk

(menu modifications in italics)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk *(menu modifications in italics)*

3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
October 28 WGR Grilled Chicken Rice Cooked Carrots Ketchup Fruit Milk	October 29 Turkey Sausage Rice Broccoli (Diced Tomatoes) Fruit Milk	October 30 Hamburger Patty GF Bun Mixed Vegetables Fruit Milk	October 31 Grilled Chicken w/Salsa Red Beans & Brown Rice Fruit Milk	November 1 Sunbutter & Jelly Sandwich on GF Bread Celery Sticks (Diced Cucumbers) Fruit Milk
November 4 Beef Riblet w/BBQ Sauce GF Dinner Roll Green Beans Fruit Milk	November 5 Orange Chicken Brown Rice Broccoli (Peas) Fruit Milk National Chinese Take Out Day!	November 6 Taco Beef Rice Corn Fruit Milk National Nachos Day!	November 7 WGR Grilled Chicken Rice Cooked Carrots Ketchup Fruit Milk	November 8 Turkey Hoagie on GF Roll Cucumbers Fruit Milk
November 11 Beef BBQ GF Hoagie Roll Green Beans Fruit Milk	November 12 Grilled Chicken Sandwich GF Bun Carrots Fruit Milk	November 13 GF Pasta w. Meat Sauce Mixed Vegetables Fruit Milk	November 14 Turkey Sausage Breakfast Potatoes Rice Fruit Milk	November 15 Turkey Sandwich on GF Bread Diced Cucumber (Peeled and Diced Cucumber) Fruit Milk
November 18 Grilled Chicken GF Dinner Roll Mixed Veg Fruit Milk	November 19 Beef BBQ GF Bun Cauliflower Fruit Milk	November 20 Grilled Chicken Rice Peas Fruit Milk	November 21 Roast Turkey GF Dinner Roll Carrot Sticks (Carrots) Fruit Milk National Stuffing Day!	November 22 Sunbutter & Jelly Sandwich on GF Bread Carrot Sticks (Chic Peas) Fruit Milk
November 25 Turkey Burger on GF Bun Tater Tots Ketchup Fruit Milk	November 26 Grilled Chicken Fajita Rice Fajita Pepper Blend Fruit Milk National Pepper Month!	November 27 GF Pasta w. Meat Sauce Mixed Vegetables Fruit Milk	November 28 HAPPY THANKSGIVING!	November 29 Sunbutter & Jelly Sandwich on GF Bread Carrot Sticks (Chic Peas) Fruit Milk

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos, Blueberries