



**Main Lunch Menu**

**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
<b>October 28</b> <b>WGR Chicken Fingers</b> Mashed Potatoes Ketchup Fruit Milk <b>Veggie Nuggets</b>	<b>October 29</b> <b>Turkey Sausage</b> String Cheese WGR French Toast Broccoli w/ Ranch (Diced Tomatoes) Fruit Milk <b>WG Waffle and Veggie Sausage</b>	<b>October 30</b> <b>Meatloaf w/Beef Gravy</b> WGR Dinner Roll Mixed Vegetables Fruit Milk <b>Veggie Burger</b>	<b>October 31</b> <b>Grilled Chicken w/Salsa</b> Red Beans & Brown Rice Fruit Milk <b>Veggie Nuggets</b>	<b>November 1</b> <b>Pizza Bagel – Mozzarella cheese and marinara sauce on WGR Bagel</b> Celery Sticks (Diced Cucumbers) Ranch Dressing Fruit Milk
<b>November 4</b> <b>Beef Riblet w/BBQ Sauce</b> WGR Dinner Roll Green Beans Fruit Milk <b>Veggie Burger</b>	<b>November 5</b> <b>Orange Chicken</b> Brown Rice Broccoli (Peas) Fortune Cookie Fruit Milk <b>Veggie Nuggets</b> <b>National Chinese Take Out Day!</b>	<b>November 6</b> <b>Taco Beef w/Shredded Cheddar Cheese</b> WGR Tortilla Chips (Flour Tortilla) Corn Fruit Milk <b>Bean Taco</b> <b>National Nachos Day!</b>	<b>November 7</b> <b>WGR Chicken Fingers</b> Mashed Potatoes Ketchup Fruit Milk <b>Veggie Nuggets</b>	<b>November 8</b> <b>Turkey Ham &amp; Cheese Hoagie on WGR Roll</b> w/ Mayonnaise Cucumbers (Peeled and Diced Cucumber) Fruit mayo Milk <b>Cheese Hoagie</b>
<b>November 11</b> <b>Meatballs in Marinara Sauce</b> WGR Hoagie Roll Green Beans Fruit Milk <b>Veggie Meatballs</b>	<b>November 12</b> <b>Grilled Chicken Sandwich</b> WGR Bun Carrots Fruit Milk <b>Veggie Nuggets</b>	<b>November 13</b> <b>Mac &amp; Cheese w/ WGR Pasta</b> Mixed Vegetables Fruit Milk	<b>November 14</b> <b>Egg Patty &amp; Cheese on WGR Bagel</b> Breakfast Potatoes Fruit Milk	<b>November 15</b> <b>Chic Pea Butter Sandwich on WGR Bread</b> Diced Cucumber (Peeled and Diced Cucumber) Mayonnaise Fruit Milk
<b>November 18</b> <b>Grilled Chicken Pot Pie w/Mixed Vegetables</b> WGR Biscuit Fruit Milk <b>Lentil Pot Pie</b>	<b>November 19</b> <b>Beef BBQ</b> WGR Bun Cauliflower Fruit Milk <b>Veggie Burger</b>	<b>November 20</b> <b>Chicken, Cheddar Cheese, and Brown Rice Bake</b> Peas Fruit Milk <b>Tofu, Cheddar, Rice Bake</b>	<b>November 21</b> <b>Roast Turkey w/ Gravy</b> WGR Stuffing Carrot Sticks w/Ranch (Carrots) Fruit Milk <b>Veggie Burger</b> <b>National Stuffing Day!</b>	<b>November 22</b> <b>Chicken Salad Sandwich on WGR Roll</b> Carrot Sticks (Chic Peas) Ranch Dressing Mayonnaise Fruit Milk <b>Cheese Sandwich</b>
<b>November 25</b> <b>Turkey Burger w/ Cheddar Cheese on WGR Bun</b> Tater Tots Ketchup Fruit Milk <b>Veggie Burger on WG Bun</b>	<b>November 26</b> <b>Grilled Chicken Fajita</b> WGR Flour Tortilla Fajita Pepper Blend Fruit Milk <b>Tofu</b> <b>National Pepper Month!</b>	<b>November 27</b> <b>Mac &amp; Cheese w/ WGR Pasta</b> Mixed Vegetables Fruit Milk	<b>November 28</b> <b>HAPPY THANKSGIVING!</b>	<b>November 29</b> <b>Cheese Sandwich on WGR Bread</b> Carrot Sticks (Chic Peas) Ranch Dressing Mayonnaise 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