


Monday	Tuesday	Wednesday	Thursday	Friday
*All grains are whole-grain rich	* Each meal/snack is served with low-fat, unflavored milk or water.			1 B – Muffin, fruit S – Rice cake, jelly, raisins L – Enchilada, green peppers, applesauce, S – Trail mix
4 B – Oatmeal, blueberries S – Strawberry, cream cheese sandwich L – Spaghetti, corn, grapes, apples S – Trail mix	5 B – Turkey sausage, strawberries, toast S – Cheese, crackers L – Chicken noodle soup, peas, apples S – Oranges, pretzels	6 B – Hashbrowns, eggs, blackberries S – Apples, cheese L – Turkey and cheddar wrap, applesauce, carrots S- Cottage cheese, pineapple	7 B – Whole wheat bagel, cream cheese, oranges S – Rice cake, jelly, raisins L – Grilled Cheese, tomato soup, corn, oranges S – Cucumbers and hummus	8 B – Cereal, banana S – Apples, pretzels L – Quesadilla, salad, pears, broccoli S – Chips, salsa
11 B –Cereal, banana S- Cheese, grapes L – Turkey burger, peaches, apples, peas S-Chips and salsa	12 B – Eggs, toast, blackberries S – apples, pretzels L – Lentils, rice, corn, applesauce S – Trail Mix	13 B – Yogurt, strawberries, granola S – Cottage cheese, peaches L – Chili, corn bread, carrots, grapes S – Crackers, cheese, cucumbers	14 B – Pancakes, berries S- Cheese, pretzels L – Mini Pizza, olives, pineapple, broccoli S- Carrots, hummus	15 B – Muffin, fruit S – Rice cake, jelly, raisins L – Enchilada, green peppers, applesauce, S – Trail mix
18 B – Oatmeal, blueberries S – Strawberry, cream cheese sandwich L – Spaghetti, corn, grapes S – Trail mix	19 B – Turkey sausage, strawberries, toast S – Cheese, crackers L – Chicken noodle soup, peas, apples S – Oranges, pretzels	20 B – Hashbrowns, eggs, blackberries S – Apples, cheese L – Turkey and cheddar wrap, applesauce, carrots S- Cottage cheese, pineapple	21 B – Whole wheat bagel, cream cheese, oranges S – Rice cake, jelly, raisins L – Grilled Cheese, tomato soup, corn, oranges S – Cucumbers and hummus	22 B – Cereal, banana S – Apples, dip L – Quesadilla, salad, pears, broccoli S – Chips, salsa
25 B –Cereal, banana S- Cheese, grapes L – Turkey burger, peaches, apples, peas S-Chips and salsa	26 B – Eggs, toast, blackberries S – apples, pretzels L – Lentils, rice, corn, applesauce S – Trail Mix	27 NO SCHOOL!	28 Happy Thanksgiving! 	29 NO SCHOOL!