



	Sun 10-27-2024	Mon 10-28-2024	Tue 10-29-2024	Wed 10-30-2024	Thu 10-31-2024	Fri 11-01-2024	Sat 11-02-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	Pc 3" Lasagna 1 c Garden Green Salad 1 - Breadsticks	1 - Beef Taco 1/2 c Brown Rice	2/3 c Braised Pork 1/2 c AuGratin Potatoes 1/2 c Vegetable Medley	1 slice Pepperoni Pizza 1 c Garden Green Salad	3 oz Classic Meatloaf 1/2 c Baked Macaroni Cheese 1/2 c Vegetable Medley	3 oz Smothered Chicken Breasts 1/2 c Herb Roasted Red Potatoes 1/2 c Mixed Vegetables
D I N E R	1 c Homemade Chicken Noodle Soup <i>and</i> 1 - Classic Turkey Sandwich 1/2 c Assorted Fruit	1 - All Beef Hot Dog 1/2 c Potato Salad	1 - Chicken Patty Sandwich 1/2 c Roasted Sweet Potatoes	1 - Open Face Hot Turkey Sandwich 1/2 c Fruit	1 c Beef Goulash 1/2 c Assorted Fruit	1 - BBQ Pulled Pork 1/2 c Coleslaw	1 c Hamburger Soup 1/2 c Mandarin Oranges
	Milk offered at every meal						Week 3

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	Sun 11-03-2024	Mon 11-04-2024	Tue 11-05-2024	Wed 11-06-2024	Thu 11-07-2024	Fri 11-08-2024	Sat 11-09-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Roast with Gravy 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	1 - American Hamburger 3 oz French Fries 1/2 c Vegetable Medley	3 oz Swedish Meatballs 1/2 c Noodles 1/2 c Mixed Vegetables	1 - Beer Braised Sausage and Sauerkraut 1/2 c Roasted Sweet Potatoes 1/2 c Green Beans	1 - Grilled Ham and Cheese Sandwich 2/3 c Tomato Soup	1-1/2 c Chicken Stir-Fry 1/2 c Seasoned Rice 1 - Spring Egg Roll	1 c Pizza Pasta Casserole 1 c Garden Green Salad
D I N N E R	1 c Sausage Italian Soup 1/2 c Fruit Cocktail	1 c Chicken and Noodles 1/2 c Assorted Fruit	1 c Beef Noodle Soup 1/2 c Assorted Fruit	1 c Beef Stroganoff 1/2 c Fruit	1 - Crispy Fish Sandwich 1/2 c Potato Salad	1 c Beef Chili 1/2 c Assorted Fruit 1 - Bread	1 c Baked Spaghetti 1/2 c Berry Jello 1 slice Garlic Bread
	Milk offered at every meal						Week 4

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	Sun 11-10-2024	Mon 11-11-2024	Tue 11-12-2024	Wed 11-13-2024	Thu 11-14-2024	Fri 11-15-2024	Sat 11-16-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice White Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 - Banana Half 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Toast of Choice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1 c Fresh Fruit 1/2 c 100% Juice 1 slice White Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	1 - Chicken Tacos 1 c Rice 1/2 c Applesauce	1 c Beef Bake Stew 1 c Garden Green Salad 1 - Bread	3 oz Pepper Steak 1/2 c Rice 1/2 c Vegetable Medley	3 oz Oven Roasted Pork Loin 1/2 c Homestyle Stuffing 1/2 c Steamed Broccoli	3 oz Hawaiian Chicken 1/2 c Delicious Rice 1/2 c Vegetable Medley	1 c Ham and Potato Casserole 1/2 c Vegetable Medley
D I N N E R	1 - Ham Sandwich 1/2 c Assorted Fruit 1/2 c Pasta Salad	1 - Homestyle Sloppy Joes 1/2 c Green Bean Casserole	1 c Beef Goulash 1/2 c Pears 1 oz Garlic Bread	1 c Classic Chicken Noodle Soup 1/2 c Zesty Cucumber Salad	1 - Crispy Fish Sandwich 1/2 c Assorted Fruit 1/2 c Green Beans	1 - Open Faced Meatloaf Sandwich 1/2 c Assorted Fruit	1 - Bologna Sandwich 3 oz BBQ Little Smokies 1/2 c Assorted Fruit
	Milk offered at every meal						Week 5

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	Sun 11-17-2024	Mon 11-18-2024	Tue 11-19-2024	Wed 11-20-2024	Thu 11-21-2024	Fri 11-22-2024	Sat 11-23-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	3 oz Liver and Onions 3 oz Bacon Ranch Chicken 1/2 c Creamy Potatoes 1/2 c Vegetable Medley	3 oz Beef Tips 1/2 c Noodles 1/2 c Vegetable Medley	3 oz Homestyle Turkey with Gravy 1/2 c Classic Mashed Potatoes 1/4 c Cranberry Sauce	2/3 c Braised Pork 1/2 c Classic Mashed Potatoes 1/2 c Peas	1 c Chicken Alfredo Pasta 1 c Garden Green Salad 1 oz Garlic Bread	1 c Taco Cornbread Casserole 1/2 c Applesauce
D I N E R	1 c Homestyle Chicken Noodle Soup <i>and</i> 1 - Ham and Cheese Sandwich 1/2 c Assorted Fruit	1 - Party Pizza 1/2 c Peaches 1 c Garden Green Salad	1 - Sloppy Joes 1/2 c Baked Beans	1 c Ham and Potato Soup 1/2 c Assorted Fruit 2/3 c Garden Pasta Salad	1 - Crispy Fish Sandwich 1/2 c Assorted Fruit 1/2 c Potato Salad	1 c Beef Stroganoff 1/2 c Berry Jello	1 - Hot Roast Beef Sliders 1/2 c Assorted Fruit 1/2 c Smashed Sweet Potatoes
	Milk offered at every meal						Week 1

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	Sun 11-24-2024	Mon 11-25-2024	Tue 11-26-2024	Wed 11-27-2024	Thu 11-28-2024	Fri 11-29-2024	Sat 11-30-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 2 Tbsp Raisins 1/2 c 100% Juice 1 slice Whole Grain Toast
	1-1/2 c Pork Stir-Fry 1/2 c Delicious Rice 1 - Spring Egg Roll	1 c Turkey Pot Pie 1/2 c Vegetable Medley	3 oz Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Winter Squash	3 oz Hamburger Steak and Onions 1/2 c Red Potatoes 1/2 c Vegetable Medley	THANKSGIVING 3 oz Herb Crusted Turkey 1/4 c Smashed Sweet Potatoes 1/4 c Cranberry Sauce 1/2 c Green Bean Casserole 1 slice Pumpkin Pie	1 - Chicken Tacos 1/2 c Delicious Rice	1 c Scalloped Ham and Potatoes 1/2 c Vegetable Medley
D I N N E R	2 oz Chicken Nuggets 1/2 c Assorted Fruit 3 oz French Fries	1/2 - Italian Sub Sandwich 1/2 c Berry Jello	1 - Crispy Fish Sandwich 2/3 c Garden Pasta Salad	1 c Beef Chili 1/2 c Assorted Fruit 1 oz Crackers	1 - All Beef Hot Dog 1 - Fruit Cup 1/2 c Baked Beans	1 c Beef Barley Soup 1 - Pinwheel Sandwiches 1/2 c Assorted Fruit	1 c Cheese Tortellini 1/2 c Assorted Fruit 1 oz Garlic Bread
	Milk offered at every meal						Week 2

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