

NOVEMBER 2022 MENU 12 to 36 Months



SITE NAME _____

WEEK 1	MONDAY (OCTOBER 31 ST)	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	SCRAMBLED EGGS W/ CHEESE MANDARIN ORANGES WG TOAST WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	COLD CEREAL* - <i>General Mills Multigrain Cheerios</i> PEACH SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(IDAHO CACFP) WG PATTY CAKE PANCAKE APPLESAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	OATMEAL CANNED APPLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	<h2>NO SCHOOL</h2>
LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods	(F-12) BEEF SLOPPY JOE ON ROLL MIXED FRUIT GREEN BEANS WG ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(D-10) TUNA PATTY TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG BREAD STICK WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(WR- 14) HAMBURGER CANTALOUPE CUBES GREEN GARDEN SALAD WG BUN WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(CNRB) SWEET & SASSY CHICKEN PINEAPPLE CHUNKS RED & GREEN PEPPERS WG BROWN RICE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	AVOCADO GOLDFISH CRACKERS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	YOGURT - <i>DARIGOLD LOW FAT VANILLA</i> MIXED BERRIES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	HANDS ON CEREAL BANANAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	FRESH ORANGE SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	
WEEK 2	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	(IDAHO CACFP) WG FANTABULOUS FRENCH TOAST APPLESAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	CREAM OF WHEAT FARINA PLUMS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG ENGLISH MUFFIN HONEYDEW SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(IDAHO CACFP) EGG & CHEESE BURRITO BANANA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	<h2>NO SCHOOL</h2>
LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods	(CNRB) TUNA & WG EGG NOODLES PEA AND CARROT MEDLEY MANDARIN ORANGES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(WR-2) CHICKEN ENCHILADA CASSEROLE GREEN BEANS PEAR SLICES WG CORN TORTILLAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(WR-5) TACO SOUP/CHEESE KALE CHIPS PEACHES WG ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(D-20) MACARONI & CHEESE FRESH CANTELOPE BROCCOLI WG MACARONI NOODLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	WG ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	COTTAGE CHEESE BANANA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(IDAHO CACFP) WHITE BEAN DIP BAKED TORTILLA STRIPS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	CANNED APPLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	

*All cold cereals served are based upon WIC cereal list
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SITE NAME _____

WEEK 3	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	TOASTED MINI WG BAGEL PEAR SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(A-09B) BISCUITS & SAUSAGE GRAVY MIXED FRUIT WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG TOAST PEACH SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	COLD CEREAL* -General Mills Kix BANANAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(A-11B) WG MUFFIN SQUARES FRESH FRUIT WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods	(CNRB) CHICKEN BURRITO CUCUMBER FRESH APPLE SLICES WG TORTILLA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(IDAHO CACFP) TOASTED CHEESE SANDWICH HONEYDEW CUBES TOMATO SOUP WG BREAD WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(D-23) PIZZA WITH GROUND BEEF TOPPING TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG PIZZA CRUST WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(D-09A) TORTILLA ROLL-UP YELLOW & RED PEPPERS FRESH ORANGE SLICES WG TORTILLAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(D-5) OVEN BAKED PARMESAN CHICKEN PEAR SLICES TOMATO WEDGES WG ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	COOKED CHOPPED CARROT STICKS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	YOGURT - DARIGOLD LOW FAT STRAWBERRY WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	MANDARIN ORANGES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG GRAHAM CRACKERS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	CANNED APPLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
WEEK 4	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	OATMEAL MIXED BERRIES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(A-11B) OATMEAL MUFFIN SQUARES (or Muffin) DICED MANGO WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	SCRAMBLED EGGS W/ CHEESE MIXED FRUIT WG TOAST WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	Thanksgiving Day	
LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods	(D-03) BEEF & SPAGHETTI CASSEROLE MIXED FRUIT GREEN BEANS WG SPAGHETTI NOODLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(IDAHO CACFP) TUNA SALAD SANDWICH APPLESAUCE PEAS WG BREAD WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(D-09B) CHICKEN NUGGETS CUCUMBERS/RED CABBAGE FRESH ORANGE WEDGES WG DINNER ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	<h1>NO SCHOOL</h1>	
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	GOLDFISH CRACKERS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG BREAD STICKS W/ MARINARA SAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	REFRIED BEANS WG TORTILLA STRIPS BAKED WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	<h1>NO SCHOOL</h1>	

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SITE NAME _____

WEEK 1	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY	FRIDAY
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	SCRAMBLED EGGS W/ CHEESE MANDARIN ORANGES WG TOAST WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	COLD CEREAL* - <i>General Mills Multigrain Cheerios</i> PEACH SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(IDAHO CACFP) WG PATTY CAKE PANCAKE APPLESAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)		
LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods	(F-12) BEEF SLOPPY JOE ON ROLL MIXED FRUIT GREEN BEANS WG ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(D-10) TUNA PATTY TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG BREAD STICK WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(WR-14) HAMBURGER CANTALOUPE CUBES GREEN GARDEN SALAD WG BUN WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)		
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	AVOCADO GOLDFISH CRACKERS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	YOGURT - <i>DARIGOLD LOW FAT VANILLA</i> MIXED BERRIES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	HANDS ON CEREAL BANANAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)		

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