

NOVEMBER 2022 MENU 3-5 Years



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 1%MILK	COLD CEREAL* - <i>General Mills Multigrain Cheerios</i> PEACH SLICES 1%MILK	(IDAHO CACFP) WG PATTY CAKE PANCAKE APPLESAUCE 1%MILK	OATMEAL CANNED APPLES 1%MILK	<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 1%MILK	(D-10) TUNA PATTY TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG BREAD STICK 1%MILK	(WR- 14) HAMBURGER CANTALOUPE CUBES GREEN GARDEN SALAD WG BUN 1%MILK	(CNRB) SWEET & SASSY CHICKEN PINEAPPLE CHUNKS RED & GREEN PEPPERS WG BROWN RICE 1%MILK	
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	AVOCADO WG TORTILLA CHIPS 1% MILK	YOGURT - <i>WHOLESONE FARMS LOW FAT VANILLA</i> MIXED BERRIES 1%MILK	HANDS ON CEREAL BANANAS 1%MILK	FRESH ORANGE SLICES 1%MILK	
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 1%MILK	CREAM OF WHEAT FARINA PLUMS 1%MILK	WG ENGLISH MUFFIN HONEYDEW SLICES 1%MILK	(IDAHO CACFP) EGG & CHEESE BURRITO BANANA 1%MILK	<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 1% MILK	(WR-2) CHICKEN ENCHILADA CASSEROLE GREEN BEANS PEAR SLICES WG CORN TORTILLAS 1%MILK	(WR-5) TACO SOUP/CHEESE KALE CHIPS PEACHES WG TORTILLA CHIPS 1% MILK	(D-20) MACARONI & CHEESE FRESH CANTELOPE BROCCOLI WG MACARONI NOODLES 1% MILK	
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	WG TORTILLA CHIPS SALSA 1%MILK	COTTAGE CHEESE BANANA 1%MILK	(IDAHO CACFP) WHITE BEAN DIP CELERY STICKS 1%MILK	FRESH APPLE SLICES 1%MILK	

*All cold cereals served are based upon WIC cereal list
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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 1%MILK	(A-09B) BISCUITS & SAUSAGE GRAVY MIXED FRUIT 1%MILK	WG TOAST PEACH SLICES 1%MILK	COLD CEREAL* -General Mills Kix BANANAS 1%MILK	(A-11B) WG MUFFIN SQUARES FRESH FRUIT 1%MILK
LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods	(CNRB) CHICKEN BURRITO CUCUMBER FRESH APPLE SLICES WG TORTILLA 1% MILK	(IDAHO CACFP) TOASTED CHEESE SANDWICH HONEYDEW CUBES TOMATO SOUP WG BREAD 1%MILK	(D-23) PIZZA WITH GROUND BEEF TOPPING TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG PIZZA CRUST 1%MILK	(D-09A) TORTILLA ROLL-UP YELLOW & RED PEPPERS FRESH ORANGE SLICES WG TORTILLAS 1%MILK	(D-5) OVEN BAKED PARMESAN CHICKEN PEAR SLICES TOMATO WEDGES WG ROLL 1%MILK
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	CARROT STICKS 1% MILK	YOGURT - YOPLAIT LOW FAT STRAWBERRY 1%MILK	MANDARIN ORANGES 1%MILK	WG GRAHAM CRACKERS 1%MILK	FRESH APPLE SLICES 1%MILK
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 1%MILK	(A-11B) OATMEAL MUFFIN SQUARES (or Muffin) DICED MANGO 1%MILK	SCRAMBLED EGGS W/ CHEESE MIXED FRUIT WG TOAST 1%MILK	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 1%MILK	(IDAHO CACFP) TUNA SALAD SANDWICH APPLE WEDGES CELERY STICKS WG BREAD 1%MILK	(D-09B) CHICKEN NUGGETS CUCUMBERS/RED CABBAGE FRESH ORANGE WEDGES WG DINNER ROLL 1%MILK	<h1>NO SCHOOL</h1>	
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	GOLDFISH CRACKERS 1% MILK	WG BREAD STICKS W/ MARINARA SAUCE 1%MILK	REFRIED BEANS WG CORN TORTILLA CHIPS 1%MILK	<h1>NO SCHOOL</h1>	

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WEEK 1	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 29	FRIDAY 30
BREAKFAST <ul style="list-style-type: none"> • 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 1%MILK	COLD CEREAL* - <i>General Mills Multigrain Cheerios</i> PEACH SLICES 1%MILK	(IDAHO CACFP) WG PATTY CAKE PANCAKE APPLESAUCE 1%MILK		
LUNCH <ul style="list-style-type: none"> • 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 1%MILK	(D-10) TUNA PATTY TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG BREAD STICK 1%MILK	(WR-14) HAMBURGER CANTALOUPE CUBES GREEN GARDEN SALAD WG BUN 1%MILK		
SNACK (Select two of these five components) <ul style="list-style-type: none"> • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk 	AVODCADO WG TORTILLA CHIPS 1% MILK	YOGURT - <i>WHOLESOME FARMS LOW FAT VANILLA</i> MIXED BERRIES 1%MILK	HANDS ON CEREAL BANANAS 1%MILK		

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