## Breakfast, Lunch and Snack Menu

**November 1-5**

“USDA is an equal opportunity provider and employer.”

<table>
<thead>
<tr>
<th>AM Snack</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:35 AM</td>
<td>Bread</td>
<td>Bread</td>
<td>Bread</td>
<td>Bread</td>
<td>Bread</td>
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<tr>
<td></td>
<td>Cup of Milk</td>
<td>Cup of Milk</td>
<td>Cup of Milk</td>
<td>Cup of Milk</td>
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</tbody>
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| Breakfast | YT-PS: 8:35 AM PK/YS: 8:45 AM | Teacher’s Choice Grain Cup of Milk Teacher’s Choice Fruit | Oatmeal Squares Cup of Milk Banana | Rice Krispies Cup of Milk Pears | Life Cereal Cup of Milk Mandarin Oranges |

**Lunch**

**YT: 11:10 AM OT: 11:20 AM**

**PS: 11:30 AM**

**PK: 12:15PM Y5: 12:15PM**

- (VG)Chick Pea Falafel
- (V)Pita Bread
- (VG)Cucumber/tomato/Black Olive Salad
- (VG)WG Brown Rice
- (VG)Lentils
- (VG)Hand Fruit Cup of Milk

- (V)Soft Flour Tortilla
- (VG)Refried Black Beans
- (VG)Spanish Rice
- (VG)Lettuce/tomato/onions/salsa
- (G)Cheese/sour cream
- (VG)Salsa and Corn Tortilla Chips
- (VG)Hand Fruit Cup of Milk

- **(E) Swiss Steak**
- (G)Mashed Potatoes
- (V)Chicken Style Gravy
- (VG)Green Beans
- (V)Whole Grain Dinner Roll
- (G)Butter
- (VG)Hand Fruit Cup of Milk

- (V)WW Hotdog Bun
- (V)Big Frank
- (VG)House Chili
- (G)Cheese
- (VG)Tater Tots
- (VG)Carrots, broccoli, Cherry tomatoes
- (G)Ranch Dip
- (VG)Hand Fruit Cup of Milk

**Alternative Lunch Entrée***

- Beans and Rice*
- Beans and Rice*
- Beans and Rice*
- Beans and Rice*

<table>
<thead>
<tr>
<th>PM Snack</th>
<th>Varies</th>
<th>Graham Crackers</th>
<th>WW Bread Fruit Cocktail</th>
<th>Raisin Bread Butter Fresh Fruit</th>
<th>Teacher's Choice Grain Teacher's Choice Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pretzels Peaches Cup of Water</td>
<td>Cup of Milk</td>
<td>Cup of Water</td>
<td>Cup of Water</td>
<td>Cup of Water</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Evening Snack</th>
<th>5:45 PM</th>
<th>Bread</th>
<th>Bread</th>
<th>Bread</th>
<th>Bread</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cup of Water Fruit</td>
<td>Cup of Water Fruit</td>
<td>Cup of Water Fruit</td>
<td>Cup of Water Fruit</td>
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</tbody>
</table>

(V) - Vegan  (G) - Made without gluten containing ingredients  (E) - Contains egg  (N) - Contains nuts

*Must have Medical Statement to Request Special Meals and/or Accommodations completed by physician