

November 6-10, 2023

		Monday	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	JUICE/VEG/FRUIT	juice	pineapple	orange slices	pears	juice
	BREAD OR CEREAL	Rice Krispies	bagel	WW toast	pancakes	oatmeal WG
	MILK	milk	milk	milk	milk	milk
	OTHER				syrup	
AM SNACK	Milk	milk	milk		milk	water
	JUICE OR VEG/FRUIT			juice	carrots/celery	banana
	BREAD/ALTERNATE	oyster crackers	cheese crackers	animal crackers		
	MEAT/ALTERNATE					yogurt
	Other				Ranch	
LUNCH	MEAT/ALTERNATE	mac and cheese	hot dog	beef noodle casserole	pizza burger	chicken burrito
	VEG/FRUIT	broccoli	baked beans	green beans	corn	refied beans
	VEG/FRUIT	mixed fruit	Mandarin oranges	Mandarin oranges	applesauce	lettuce salad
	BREAD/ALTERNATE	WW bread	bun	dinner roll	bun	tortills
	MILK	milk	milk	milk	milk	milk
	OTHER		ketchup, chips			Ranch, sour cream
P.M. SNACK	MILK	milk		milk		milk
	JUICE OR VEG/FRUIT		juice		juice	
	BREAD/ALTERNATE	graham crackers	Life cereal WG	pretzels	WW cheese sandwich	blueberry muffin
	MEAT/ALTERNATE					
	Other					