

November 13-17, 2023

		Monday	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>JUICE/VEG/FRUIT</b>	juice	mixed fruit	peaches	juice	banana
	<b>BREAD OR CEREAL</b>	Rice Chex	bagel	French toast	Cream of Wheat	toast
	<b>MILK</b>	milk	milk	milk	milk	milk
	<b>OTHER</b>			syrup		
<b>AM SNACK</b>	<b>Milk</b>	water	milk		water	milk
	<b>JUICE OR VEG/FRUIT</b>	applesauce		juice	peaches	
	<b>BREAD/ALTERNATE</b>	toast	pumpkin muffins	Life cereal WG	graham crackers	WW oven pancake
	<b>MEAT/ALTERNATE</b>					
	<b>Other</b>					syrup
<b>LUNCH</b>	<b>MEAT/ALTERNATE</b>	Sloppy Joe's	Harvest stew	tuna melt	hashbrown casserole	meatloaf
	<b>VEG/FRUIT</b>	French fries	veggies in stew	celery sticks	peas	mashed potatoes
	<b>VEG/FRUIT</b>	orange slices	pears	pineapple	apple slices	corn
	<b>BREAD/ALTERNATE</b>	bun	WW bread	English muffin	WW bread	dinner roll
	<b>MILK</b>	milk	milk	milk	milk	milk
	<b>OTHER</b>	ketchup	Saltines			butter
<b>P.M. SNACK</b>	<b>MILK</b>	milk		milk	milk	
	<b>JUICE OR VEG/FRUIT</b>		juice			juice
	<b>BREAD/ALTERNATE</b>	Wheat Thins WG	tortilla chips	banana bread	cheese crackers	Kix cereal
	<b>MEAT/ALTERNATE</b>					
	<b>Other</b>					