

# FROM THE HEART – NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Breakfast:</b> Pancakes, Fruit, Milk <b>Lunch:</b> <i>BBQ Chicken</i> Chicken, WG Roll, Baked Beans, Corn, Milk <b>Snack:</b> WG Goldfish, 100% Juice	2 <b>Breakfast:</b> WG Kix, Fruit, Milk <b>Lunch:</b> <i>Spaghetti &amp; Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Salad, Milk <b>Snack:</b> Animal Crackers, Milk	3 <b>Breakfast:</b> WG Corn Chex, Fruit, Milk <b>Lunch:</b> <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk <b>Snack:</b> WG Graham Crackers, Yogurt	4 <b>Breakfast:</b> WG Cheerios, Fruit, Milk <b>Lunch:</b> <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Fruit, Salad, Milk <b>Snack:</b> Chex Mix, 100% Fruit Juice
7 <b>Breakfast:</b> Pancakes, Fruit, Milk <b>Lunch:</b> <i>Sloppy Joes</i> Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk <b>Snack:</b> WG Pretzels, 100% Fruit Juice	8 <b>Breakfast:</b> Special K, Fruit, Milk <b>Lunch:</b> <i>Penne Pasta</i> Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk <b>Snack:</b> WG Cheez Its, 100% Fruit Juice	9 <b>Breakfast:</b> Waffles, Fruit, Milk <b>Lunch:</b> <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk <b>Snack:</b> WG Goldfish, 100% Fruit Juice	10 <b>Breakfast:</b> WG Life Cereal, Fruit, Milk <b>Lunch:</b> <i>Meatball Sub</i> Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk <b>Snack:</b> Wheat Thins. Cheese	11  <b>VETERANS DAY</b> 11/11 Honoring All Who Served
14 <b>Breakfast:</b> English Muffins, Fruit, Milk <b>Lunch:</b> <i>Burger</i> Slider, WG Bun, Tater Tots, Fruit, Milk <b>Snack:</b> Cheese, Ritz Crackers	15 <b>Breakfast:</b> WG Life Cereal, Fruit, Milk <b>Lunch:</b> <i>Baked Chicken</i> Chicken, WG Dinner Roll, Mixed Vegetables, Salad, Milk <b>Snack:</b> WG Cheez Its, 100% Fruit Juice	16 <b>Breakfast:</b> Biscuits, Fruit, Milk <b>Lunch:</b> <i>Spaghetti</i> Ground Turkey, WG Pasta, Mixed Vegetables, Fruit, Milk <b>Snack:</b> WG Animal Crackers, Milk	17 <b>Breakfast:</b> Waffles, Fruit, Milk <b>Lunch:</b> <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk <b>Snack:</b> Cheese, Goldfish	18 <b>Breakfast:</b> WG Cheerios, Fruit, Milk <b>Lunch:</b> <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk <b>Snack:</b> Yogurt. Granola
21 <b>Breakfast:</b> Corn Chex, Fruit, Milk <b>Lunch:</b> <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk <b>Snack:</b> Graham Crackers, Milk	22 <b>Breakfast:</b> Pancakes, Fruit, Milk <b>Lunch:</b> <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Salad, Milk <b>Snack:</b> WG Chex Mix, 100% Fruit Juice	23 <b>Breakfast:</b> WG Kix, Fruit, Milk <b>Lunch:</b> <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Cucumber, Milk <b>Snack:</b> Wheat Thins, 100% Fruit Juice	 <i>Happy Thanksgiving</i>	
28 <b>Breakfast:</b> Waffles, Fruit, Milk <b>Lunch:</b> <i>Chili</i> Ground Turkey, Kidney Beans, WG Brown Rice, Fruit, Milk <b>Snack:</b> Pretzels. Cheese	29 <b>Breakfast:</b> WG Cheerios, Fruit, Milk <b>Lunch:</b> <i>Taco</i> Ground Turkey, Pinto Beans, WG Corn Tortilla, Fruit, Milk <b>Snack:</b> Goldfish, String Cheese	30 <b>Breakfast:</b> Biscuits, Fruit, Milk <b>Lunch:</b> <i>Chicken Patty Sandwich</i> Breaded Chicken, WG Bun, Carrot Sticks, Fruit, Milk <b>Snack:</b> WG Cheez Its, 100% Juice	This institution is an equal opportunity provider. All Meals Provided by Feeding Their Future * Menu Subject to Change  <b>FEEDING THEIR FUTURE</b> NUTRITION PROGRAM	

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

**Breakfast:** grain - ½ serving bread or muffin or ¾ cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup **1% plain milk**

**Lunch:** meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit or vegetable - ¼cup; milk- ¾cup **1% plain milk**

**Snack (two of the following):** meat/meat alternate - ½oz, yogurt 2 oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup **1% plain milk**

\*(WG) = Whole Grain