

CHILD'S NAME _____

Protein 1.5oz Fruit ½ cup Veggie ½ cup Bread ½ slice Milk ¾ cup

November 2020

2 PBJ Crustables Mixed Vegetables Pineapple Milk	3 Salisbury Steak Broccoli Diced Pears Milk <u>Vegetarian</u> Cheese Sandwich	4 Macaroni & Cheese Peaches Broccoli Milk	5 Cheese Pizza Corn Applesauce Milk	6 Chicken Nuggets Tater Tots (V) Peaches Milk <u>Vegetarian</u> Cheese Pizza Rolls
9 Chicken & Noodles Diced Peaches Mixed Veggies Milk <u>Vegetarian</u> Grilled Cheese	10 Grilled Cheese Cauliflower Fruit Cocktail Milk	11 Meatloaf Pears Green Beans Milk <u>Vegetarian</u> Cheese Omelette	12 Cheese Pizza Carrots Peaches Milk	13 Noodles w/ Marinara Orange Zucchini Milk
16 Cheese Pizza Rolls Pineapple Green Beans Milk	17 Lasagne Tater Tots Peaches Milk <u>Vegetarian</u> PBJ	18 Stuffed Shells w/ Marinara Peas Fruit Cocktail Milk	19 Cheese Pizza Zucchini Applesauce Milk	20 Meatloaf Pears Cauliflower Milk <u>Vegetarian</u> Grilled Cheese
23 Macaroni & Cheese Pineapple Carrots Milk	24 Cheese Omelette Mixed Fruit Mixed Vegetables Milk	25 Turkey Slider French Fries (V) Pineapple Milk <u>Vegetarian</u> Grilled Cheese	26 Cheese Pizza Green Beans Pears Milk	27 Chicken Nuggets Corn Green beans Milk <u>Vegetarian</u> Cheese Quesadilla
30 Fish Sticks French Fries Mixed Fruit Milk	1 Beef Stew Green Bean Peaches Milk <u>Vegetarian</u> Cheese Sandwich	2 Vegetable Lasagne Zucchini Pears Milk	3 Cheese Pizza Corn Orange Segments Milk	4 Salisbury Steak Broccoli Cauliflower Milk <u>Vegetarian</u> PBJ