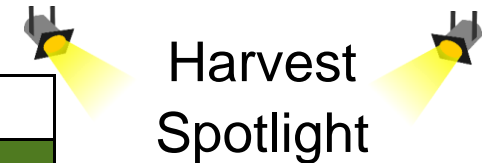


NOVEMBER 2017



Courtesy of D'Youville Dietetics



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
Meal Pattern Breakfast: 1% Milk, Vegetable or Fruit, Grain or Meat/Meat Alternate Lunch: 1% Milk, Meat/Meat Alternate, Vegetable, Fruit, & Grain Snack: (Any combination of any two foods) 1% Milk, Meat/Meat Alternate, Vegetable, Fruit, or Grain			Whole Grain Pancakes, Strawberries, & Milk	Whole Grain Cheese Roll-Up, Apricots, & Milk	
			Whole Grain Pizza, Celery Sticks, Apple, & Milk	Hamburger, Whole Grain Bun, Sweet Potato Fries, Pear, & Milk	
			Low-Fat Yogurt, Mandarin Oranges, & Water	Trail Mix & Milk	
6	7	8	9	10	
Frosted Mini-Wheats, Diced Pears, & Milk	No School	Corn Flakes, Banana, & Milk	Whole Grain French Toast, Applesauce, & Milk		
Beef Goulash, Corn, Fruit Cocktail, Whole Grain Macaroni, & Milk		Sliced Ham on a Whole Grain Roll, Cucumber, Orange, & Milk	Turkey Burger on a Whole Grain Roll, Carrot Sticks, Grapes, & Milk		
Low-Fat Yogurt, Whole Grain Crackers, & Water		Whole Grain Bagel, Cream Cheese, & Milk	Cheese Stick, Pears, & Water		
13	14	15	16	17	
Corn Flakes, Peaches, & Milk	Whole Grain French Toast, Fruit Cocktail, & Milk	Whole Grain Bagel, Mandarin Oranges, & Milk	Frosted Mini-Wheats, Banana, & Milk		
BBQ Rib on a Whole Wheat Roll, Spinach Salad, Orange Wedges, & Milk	Ethnic Meal: Arroz con Pollo, Chicken, Peas, Grapes, Brown Rice, & Milk	Macaroni & Cheese, Broccoli, Melon Mix, & Milk	Make Your Own Pizza, Carrots, Pears, & Milk		
Whole Grain Cheez-Its, Tropical Fruit, & Water	Rice Cake & Milk	Peaches & Milk	Apple, Cheddar Cheese, & Water		
20	21	22	23	24	
Whole Grain Raisin Bread, Pears, & Milk	Rice Chex, Banana, & Milk	Cheerios, Fruit Cocktail, & Milk	No School		
Meatloaf, Peas & Carrots, Whole Grain Noodles, & Milk	Fish Sticks, Fresh Zucchini, Melon Mix, & Milk	Chicken Salad/Whole Grain Pita, Citrus Salad, California Blend Veggies, & Milk			
Cheddar Goldfish Crackers & Milk	Low-Fat Cheese, Grapes, & Water	Yogurt, Raspberries, & Water			
27	28	29	30		
Whole Grain Blueberry Muffin, Fruit Cocktail, & Milk	Cheerios, Banana, & Milk	Whole Grain Pancakes, Strawberries, & Milk	Whole Grain Cheese Roll-Up, Apricots, & Milk		
Ethnic Meal: Breaded Pork Chop, Potato Pancakes, Applesauce, & Milk	Tuna Sandwich on Whole Wheat Bread, Cucumbers, Grapes, & Milk	Whole Grain Pizza, Celery Sticks, Apple, & Milk	Hamburger, Whole Grain Bun, Sweet Potato Fries, Pear, & Milk		
Whole Grain Crackers, Peaches, & Water	Soft Pretzel, Pineapple Tidbits, & Milk	Low-Fat Yogurt, Mandarin Oranges, & Water	Trail Mix & Milk		

Broccoli

Circle all meals on the menu that have broccoli.

How many did you find?

What is your favorite way to eat broccoli?

What do you like best about broccoli?