NOVEMBER 2017

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	Rice Chex, Orange Wedges, & Milk
		Whole Grain Pizza, Celery Sticks, Apple, & Milk	Hamburger, Whole Grain Bun, Sweet Potato Fries, Pear, & Milk	Grilled Chicken, Whole Wheat Roll, Broccoli, Plums, & Milk
		Low-Fat Yogurt, Mandarin Oranges, & Water	Trail Mix & Milk	Grapes & Milk
6	7	8	9	10
Frosted Mini-Wheats, Diced Pears, & Milk	**No School**	Corn Flakes, Banana, & Milk	Whole Grain French Toast, Applesauce, & Milk	**No School**
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	Whole Grain English Muffin, Apricot, & 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	Lemon Pepper Fish, Green Bean Salad, Apricots, Whole Grain Roll, & Milk
Whole Grain Cheez-Its, Tropical Fruit, & Water	Rice Cake & Milk	Peaches & Milk	Apple, Cheddar Cheese, & Water	Trail Mix & Milk
20	21	22	23	24
Whole Grain Raisin Bread, Pears, & Milk	Rice Chex, Banana, & Milk	Cheerios, Fruit Cocktail, & Milk	**No School**	**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	

Harvest Spotlight

Courtesy of D'Youville Dietetics

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?