



Menu – November 13-17, 2023

	Monday November 13	Tuesday November 14	Wednesday November 15	Thursday November 16	Friday November 17
Morning Snack	Red Berry Cereal Banana Milk	English Muffins w/ Grape Jam Water	Cranberry Waldorf Salad Water	Carrot Zucchini Muffins Milk	Dried Fruit & Pumpkin Seed Applesauce Water
Lunch	Green Bean Casserole Nutmeg & Cinnamon Baby Carrots Fuji Apples Milk	Chickpea Curry w/ Jasmine Rice Lima Beans Blueberries Milk	Mushroom & Lentil Shepherd's Pie Sweet Potato Soufflé Sunkist Oranges Milk	Sweet Relish Pinto Beans Kimchi Purple & Green Cabbage Roasted Red Rosemary Potatoes w/Ketchup Milk	Macaroni & Cheese Collard Greens Sage Cornbread Muffins Milk
Afternoon Snack	Wheat Thins Clementines Water	Apple Cinnamon Rice Cakes Water	Baked Crackers Water	Guacamole Tortilla Chips Water	Pineapple Snack Cake Water

*Serving sizes and meal components will be in compliance with USDA guidelines