

<p><u>Required Lunch Components</u>  <u>3-5 year olds are to have 5 components:</u>  <i>Protein: Meat or Poultry or Fish: 1.5 oz. or 1 Egg or Cheese: 1.5 oz. or Cooked Beans: 3/8 cup or 3 Tbs. Seed Butters</i>  Fruit AND Vegetable: ¼ cup each  Bread/Bread alternate: ½ slice or ½ oz.  Fluid Milk: ¾ cup</p>	<p><b>LUNCH MENU</b></p> <p><b>NOVEMBER 2018</b></p>	<p><u>Remember the Lunch Condiments!</u>  Ketchup, mustard, mayonnaise, pickles, ranch dip, salad dressing, sour cream, salsa, hot sauce, cilantro, butter or margarine, fruit spread.  W/W: Whole Wheat  W/G: Whole Grain  M/G: Multi Grain</p>
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Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p>(HM) Chicken Divan  Steamed Broccoli  Pineapple  Barilla W/G Pasta  Milk/Soy</p>	<p><b>2</b></p> <p>Heartland 100% W/G Spaghetti w/Meat Sauce  Tossed Green Salad  Oranges  Sysco Bakers Classic  Garlic Bread  Milk/Soy</p>
<p><b>5</b></p> <p>Fish Sticks (CN Label)  Steamed Peas  Mango Chunks  Sysco Cottage Brand  W/G Dinner Roll  Milk/Soy</p>	<p><b>6</b></p> <p>Grilled Cheese &amp; Turkey Ham Sandwich on Sysco  Classic 100% Wheat Bread  Tomato Soup  **Carrots &amp; Zucchini/  *<b>Steamed Carrots</b>  Pears Milk/Soy</p>	<p><b>7</b></p> <p>Oven Baked Crispy Chicken  Mixed Vegetables  Watermelon  Sysco Cottage Brand  W/G Dinner Roll  Milk/Soy</p>	<p><b>8</b></p> <p>Beef Taco w/Cheese  Shredded Lettuce &amp; Tomato  Oranges  Don Pancho W/W  Tortilla  Milk/Soy</p>	<p><b>9</b></p> <p>Sloppy Joe Sandwich  Goodyman W/W  Hamburger Bun  Potato Wedges  Tropical Fruit  Milk/Soy</p>
<p><b>12</b></p>  <p><i>Veterans Day</i></p>	<p><b>13 COOK'S CHOICE</b></p> <p>(HM) Salisbury Steak  Green Beans  Fruit Salad  Barilla W/G Pasta  Milk/Soy</p>	<p><b>14</b></p> <p>Sam's Choice W/W  Pocket Pita w/Tuna  Fresh Zucchini Sticks  Bananas  Milk/Soy</p>	<p><b>15 **KID'S CHOICE</b></p> <p>(HM) Chicken w/  Whole Brown Rice  Steamed Peas  Red Apples  Milk/Soy</p>	<p><b>16</b></p> <p>(HM) Vegetarian  Lasagna  Mixed Fruit  Sysco Bakers Classic  Garlic Bread  Milk/Soy</p>
<p><b>19</b></p> <p>(HM) Meat Loaf  Steamed Corn  Melon Balls  Sysco Cottage Brand  W/G Dinner Roll  Milk/Soy</p>	<p><b>20</b></p> <p>BBQ Chicken  Steamed Peas  Fiesta Fruit Mix  Bakers Classic  W/G Bread Sticks  Milk/Soy</p>	<p><b>21</b></p> <p>Mini Pizza on a  Goodyman W/W  English Muffin  Cucumber &amp; Zucchini  Sticks  Watermelon  Milk/Soy</p>	<p><b>22</b></p>  <p><b>23</b></p>	
<p><b>26</b></p> <p>Chicken Tortilla Roll Ups on a Don Pancho W/W Tortilla  Mexicali Mixed Vegetables  Watermelon  Milk/Soy</p>	<p><b>27</b></p> <p>(HM) Minestrone Soup  Mango Chunks  Keebler Club  Multi Grain Cracker  Milk/Soy</p>	<p><b>28</b></p> <p>Sliced Turkey w/ Gravy  Mashed Potatoes  **Grapes/ *Pears  Sysco W/G Roll Dinner  Milk/Soy</p>	<p><b>29</b></p> <p>Fish Sandwich (CN Label)  Goodyman W/W  Hamburger Bun w/ 1.5 oz. Cheese  Steamed Cauliflower &amp; Broccoli  Fresh Peaches  Milk/Soy</p>	<p><b>30</b></p> <p>**Peanut Butter &amp; Fruit Spread Sandwich  Cheese Stick/  *<b>Cheese Sandwich</b>  Sysco Classic  100% Wheat Bread  Cucumber Sticks  Strawberries Milk/Soy</p>

Soy Milk is only served with a substitute request form or medical statement on file.

12-23 months olds: Whole Milk 2 -5 yr. olds: 1%/Skim Milk No Flavored Milk.

**\*\*KID'S CHOICE-HEAD START ONLY \*EARLY HEAD START ONLY**