

  					
PLEASE POST Connecting Kids To Meals CACFP Menu NOVEMBER 2024 Hot (LUNCH/DINNER)					
					Friday 1
PROTEIN (2oz)					WG Grilled Cheese 2oz (1)
Vegetable (1/2 cup)					Carrots Sticks 1/2 Cup (2 bags) ,Cherry Tomato -1/4 Cup-(1 bag)-w / Ranch (1)
Whole Grain (1oz)					WG Hot Baked Cheetos 1oz (1)
Fruit (1/4c-1/2c)					Mixed Fruit 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)					Chocolate (NF) Milk 8oz (1)
WEEK 2	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
PROTEIN (2oz)	WG Beef Fiestada 2oz (1)	WG Taco Sticks 2oz (1) w/ Taco Sauce (1)	Chicken Drumstick 2oz (1) w/ BBQ Sauce (1)	WG Galaxy Turkey, Beef Pepperoni & Cheese Pizza 2oz (1)	WG Cheesy - Pull Apart 2oz (1)
Vegetable (1/2 cup)	Sweet Corn 1/2 Cup (1)	Green beans 1/2 Cup w/ red & green peppers 1oz (1)	Broccoli 1/2 Cup (1) w/ Ranch (1)	Lettuce 1/4 Cup (1) & Cherry Tomato 1/4 Cup (1 bag) w/ French Dressing (1)	Salsa 1/4 Cup & Carrots Sticks 1/4 Cup (1bag) w/ Ranch (1)
Whole Grain (1oz)	WG Cheddar Goldfish Crackers 1oz (1)	WG Cheez - It's Crackers 1oz (1)	WG Garden Salsa Sunchip 1oz (1)	WG Nacho Doritos 1oz (1)	WG Tortilla Chips 1oz (1)
Fruit (1/4c-1/2c)	Peach 1/2 Cup (1)	Craisins 1/2 Cup (1)	Fresh Bananas 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
WEEK 3	Monday 11 Veteran's Day	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
PROTEIN (2oz)	WG Peanut Butter & Strawberry Jelly Sandwich 1oz (1) w/ Strawberry Yogurt 1oz (1)	WG Chicken Tenders 2oz (2) w/ Sweet & sour Sauce (1)	Closed for Staff Training. No Meals will be served.	Turkey Sausage Link 1oz (1)/Turkey Sausage Patty 1oz (1)	WG Chicken Corn dog 2oz (1) w/ Ketchup & Mustard (1 each)
Vegetable (1/2 cup)	Celery Stick 1/2 Cup (3 sticks) w/ Ranch Cup (1)	Fire-Roasted Sweet Potato -1/2 Cup (1)/Carrots Sticks 1/2 Cup (2bags) w/Ranch Cup (1)		Round Hash Browns 1/2 Cup (2)	Carrots Sticks 1/2Cup (2 bags) w / Ranch (1)
Whole Grain (1oz)	WG Granola 1oz (1)	WG Giant Goldfish Crackers 1oz (1)		WG Dinner Roll 1oz (1) w/ Grape Jelly (1)/WG Frosted Mini Wheat 1oz (1)or WG Honey Nut Cheerios 1oz (1)	WG Scooby - Doo Crackers 1oz (1)
Fruit (1/4c-1/2c)	Whole Fresh Apple 1/2 Cup (1)	Pear 1/2 Cup (1)/ Pineapple 1/2 Cup (1)		Fresh Slice Apple 1/4 Cup (1) w/Peanut Butter Cup 1oz (2)	Craisins 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)		White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
WEEK 1	Monday 18	Tuesday 19	Wednesday 20	Thursday 21 Thanksgiving Meal	Friday 22
PROTEIN (2oz)	WG Taco Sticks 2oz (1) w/ Salsa Cup 1oz (1)	WG Chicken Drumstick 2oz (1) w/ BBQ Sauce (1)	WG Peanut Butter & Strawberry Jelly Sandwich 1oz (1) w/ Strawberry Yogurt 1oz (1)	Turkey Slice 2oz (3) w/ Gravy 1oz & Stuffing 1oz (1)	WG Galaxy Turkey, Beef Pepperoni & Cheese Pizza 2oz (1)
Vegetable (1/2 cup)	Guacamole 1/4 Cup (1)	Potato Salad-1/2 Cup (1)/ Sweet Corn 1/2 Cup w/Red & Green Peppers 1oz (1)	Celery Stick 1/2 Cup (3 sticks) w/ Ranch Cup (1)	Vegetable Juice Box 1/2 Cup (1)	Lettuce 1/4 Cup (1) & Cherry Tomato 1/4 Cup (1 bag) w/ French Dressing (1)
Whole Grain (1oz)	WG Tortilla Chip 1oz (1)	WG Scooby - Doo Crackers 1oz (1)	WG Granola 1oz (1)	WG Giant Goldfish Crackers 1oz (1) & Potato Dinner Roll (1) w/ Butter (1)	WG Nacho Doritos 1oz (1)
Fruit (1/4c-1/2c)	Mandarin Oranges 1/2 Cup (1)	Peach 1/2 Cup (1)	Whole Fresh Apple 1/2 Cup (1)	Orange Clementine 1/4 Cup (1)	Mixed Fruit 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
WEEK 2	Monday 25	Tuesday 26	Wednesday 27		
PROTEIN (2oz)	WG Beef Fiestada 2oz (1)	WG Grilled Cheese 2oz (1)	WG Chicken Breast & Mozzarella Cheese Flatbread 2oz (1)		
Vegetable (1/2 cup)	Sweet Corn 1/2 Cup (1)	Carrots Sticks 1/4Cup (1 bags) ,Cherry Tomato 1/4 Cup (1 bag) w / Ranch (1)	Carrots Sticks 1/2Cup (2 bags) w / Ranch (1)		
Whole Grain (1oz)	WG Cheddar Goldfish Crackers 1oz (1)	WG Hot Baked Cheetos 1oz (1)	WG Cheddar Goldfish Crackers 1oz (1)		
Fruit (1/4c-1/2c)	Peach 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pineapple 1/2 Cup (1)		
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)		

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 MENU IS SUBJECT TO CHANGE 10/16/2024