

# BCCA

## MEAL PLAN FOR AUGUST 2023

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
	[7/31-8/4]	[8/7-8-11]	[8/14-8/18]	[8/21-8/25]	[8/28-9/1]
<b>MONDAY</b>	Breakfast: WG Pancake, Applesauce, Milk Lunch: Spaghetti with Meat Sauce, Broccoli, Watermelon, Milk	Breakfast: WG Waffle, Orange, Milk Lunch: Macaroni Cheese, SnowPeas, Cantelope, Milk	Breakfast: WG Pancake, Applesauce, Milk Lunch: Spaghetti with Meat Sauce, Broccoli, Watermelon, Milk	Breakfast: WG Waffle, Orange, Milk Lunch: Macaroni Cheese, SnowPeas, Cantelope, Milk	Breakfast: WG Pancake, Applesauce, Milk Lunch: Spaghetti with Meat Sauce, Broccoli, Watermelon, Milk
<b>TUESDAY</b>	Breakfast: Cheerios, Banana, Milk Lunch: Cheese Burger, Tater Tots, Cantelope, Milk	Breakfast: Chex (Cinnamon) Cereal, Banana, Milk Lunch: Turkey Sandwich with Lettuce and Tomato salad, Watermelon, Milk	Breakfast: Cheerios, Banana, Milk Lunch: Cheese Burger, Tater Tots, Cantelope, Milk	Breakfast: Chex (Cinnamon) Cereal, Banana, Milk Lunch: Turkey Sandwich with Lettuce and Tomato salad, Watermelon, Milk	Breakfast: Cheerios, Banana, Milk Lunch: Cheese Burger, Tater Tots, Cantelope, Milk
<b>WEDNESDAY</b>	Breakfast: WG Toast with Jam, Pineapple, Milk Lunch: Pork Adobo, Brown Rice, Green String Beans, Peaches, Milk	Breakfast: Bagel, Cream Cheese, Pineapple, Milk Lunch: Brown Rice, Green Bellpeppers, Carrots, Peaches Curry Chicken, Milk	Breakfast: WG Toast with Jam, Pineapple, Milk Lunch: Pork Adobo, Brown Rice, Green String Beans, Peaches, Milk	Breakfast: Bagel, Cream Cheese, Pineapple, Milk Lunch: Brown Rice, Green Bellpeppers, Carrots, Peaches Curry Chicken, Milk	Breakfast: WG Toast with Jam, Pineapple, Milk Lunch: Pork Adobo, Brown Rice, Green String Beans, Peaches, Milk
<b>THURSDAY</b>	Breakfast: Yogurt, Mix Fruit Cup, Milk Lunch: WG Sourdough Toast, Breakfast Sausage, Carrot Stick Orange Slice, Milk	Breakfast: Oatmeal, Mix Fruit Cup, Milk Lunch: WG Toast, Hashbrown, Bacon, Orange Slice, Broccoli, Milk	Breakfast: Yogurt, Mix Fruit Cup, Milk Lunch: WG Sourdough Toast, Breakfast Sausage, Carrot Stick Orange Slice, Milk	Breakfast: Oatmeal, Mix Fruit Cup, Milk Lunch: WG Toast, Hashbrown, Bacon, Orange Slice, Broccoli, Milk	Breakfast: Yogurt, Mix Fruit Cup, Milk Lunch: WG Sourdough Toast, Breakfast Sausage, Carrot Stick Orange Slice, Milk
<b>FRIDAY</b>	Breakfast: WG English Muffin with Cheese, Peaches, Milk Lunch: Tortilla, Ground Beefs, Pinto Beans Puree, Cantelope, Milk	Breakfast: Mini Wheat Thin Spooners, Peaches, Milk Lunch: WG English Muffin Pizza with Pepperoni and Cheese, Edamame, Pineapple, Milk	Breakfast: WG English Muffin with Cheese, Peaches, Milk Lunch: Tortilla, Ground Beefs, Pinto Beans Puree, Cantelope, Milk	Breakfast: Mini Wheat Thin Spooners, Peaches, Milk Lunch: WG English Muffin Pizza with Pepperoni and Cheese, Edamame, Pineapple, Milk	Breakfast: Polenta, Peaches, Milk Lunch: Tortilla, Ground Beefs, Pinto Beans Puree, Cantelope, Milk

### SERVING SIZES Minimum Per Week

**Grade K-8**  
 Milk: LB: 5 c (1 c per day)  
 Fruit: B: 5 c (1 c per day) L: 2 1/2 c (1/2c per day)  
 Vegetables: L: 3 3/4 c (3/4 c per day)  
 Grain: B: 8-10 oz eq (1 oz per day) L: 8-9 oz eq (1 oz per day)  
 Meat/Meat Alternative: L 9-10 oz eq (1 oz per day)

**Grade 6-8**  
 Milk: LB: 5 c (1 c per day)  
 Fruit: B: 5 c (1 c per day) L: 2 1/2 c (1/2c per day)  
 Vegetables: L: 3 3/4 c (3/4 c per day)  
 Grain: B: 8-10 oz eq (1 oz per day) L: 8-10 oz eq (1 oz per day)  
 Meat/Meat Alternative: L 9-10 oz eq (1 oz per day)

REFER TO CHILD MEAL PATTERN CHARTS FOR ALL SERVING SIZES.

# BCCA

## MEAL PLAN FOR SEPTEMBER 2023

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	[09/04-09/08]	[09/11-09/15]	[09/18-09/22]	[09/25-09/29]
MONDAY	<b>Breakfast:</b> Applesauce, Cheerios, Milk  <b>Lunch:</b> Alfredo Pasta, Roasted Zucchini, Watermelon, Milk	<b>Breakfast:</b> Applesauce, Frosted Mini Spooners, Milk  <b>Lunch:</b> Chicken Penne Pasta, Spinach Bellpepper, Watermelon, Milk	<b>Breakfast:</b> Applesauce, Cheerios, Milk  <b>Lunch:</b> Alfredo Pasta, Roasted Zucchini, Watermelon, Milk	<b>Breakfast:</b> Applesauce, Frosted Mini Spooners, Milk  <b>Lunch:</b> Chicken Penne Pasta, Spinach Bellpepper, Watermelon, Milk
TUESDAY	<b>Breakfast:</b> Strawberry, WG Pancake, Milk  <b>Lunch:</b> Turkey Cheese Roll, Grape, Roasted Corn, Milk	<b>Breakfast:</b> Strawberry, WG Waffles, Milk  <b>Lunch:</b> WG Chicken Corn Dog, Roasted Corn, Grape, Milk	<b>Breakfast:</b> Strawberry, WG Pancake, Milk  <b>Lunch:</b> Turkey Cheese Roll, Grape, Roasted Corn, Milk	<b>Breakfast:</b> Strawberry, WG Waffles, Milk  <b>Lunch:</b> WG Chicken Corn Dog, Roasted Corn, Grape, Milk
WEDNESDAY	<b>Breakfast:</b> Peaches, Yogurt, Milk  <b>Lunch:</b> Orange Chicken, Brown Rice, Broccoli, Oranges, Milk	<b>Breakfast:</b> Peaches, Yogurt, Milk  <b>Lunch:</b> Loco Moco with Mushroom gravy, Oranges, Milk	<b>Breakfast:</b> Peaches, Yogurt, Milk  <b>Lunch:</b> Orange Chicken, Brown Rice, Broccoli, Oranges, Milk	<b>Breakfast:</b> Peaches, Yogurt, Milk  <b>Lunch:</b> Loco Moco with Mushroom gravy, Oranges, Milk
THURSDAY	<b>Breakfast:</b> Mandarin Fruit Cup, WG Muffin, Milk  <b>Lunch:</b> WG Crepe, Bacon, Applesauce Strawberry cup, Sweet Potato Tater Tots, Milk	<b>Breakfast:</b> Mandarin Fruit Cup, WG Blueberry Muffin, Milk  <b>Lunch:</b> Chicken Fritters, WG Pita Bread, Broccoli, Applesauce strawberry Cup, Milk	<b>Breakfast:</b> Mandarin Fruit Cup, WG Muffin, Milk  <b>Lunch:</b> WG Crepe, Bacon, Applesauce Strawberry cup, Sweet Potato Tater Tots, Milk	<b>Breakfast:</b> Mandarin Fruit Cup, WG Blueberry Muffin, Milk  <b>Lunch:</b> Chicken Fritters, WG Pita Bread, Broccoli, Applesauce strawberry Cup, Milk
FRIDAY	<b>Breakfast:</b> Mix Fruit Cup, WG Toast w/ Cream Cheese, Milk  <b>Lunch:</b> Meatball Cous Cous, Chickpeas, Pineapple, Milk	<b>Breakfast:</b> Mix Fruit Cup, Chex (Rice), Milk  <b>Lunch:</b> Ground Beef with Quinoa, Edamame, Pineapple, Milk	<b>Breakfast:</b> Mix Fruit Cup, WG Toast w/ Cream Cheese, Milk  <b>Lunch:</b> Meatball Cous Cous, Chickpeas, Pineapple, Milk	<b>Breakfast:</b> Mix Fruit Cup, Chex (Rice), Milk  <b>Lunch:</b> Ground Beef with Quinoa, Edamame, Pineapple, Milk

**SERVING SIZES Minimum Per Week**

**Grade K-8**  
 Milk: L/B; 5 c (1 c per day)  
 Fruit: B; 5 c (1 c per day) L; 2 1/2 c (1/2c per day)  
 Vegetables: L; 3 3/4 c (3/4 c per day)  
 Grain: B; 8-10 oz eq (1 oz per day) L; 8-9 oz eq (1 oz per day)  
 Meat/Meat Alternative: L 9-10 oz eq (1 oz per day)

**Grade 6-8**  
 Milk: L/B; 5 c (1 c per day)  
 Fruit: B; 5 c (1 c per day) L; 2 1/2 c (1/2c per day)  
 Vegetables: L; 3 3/4 c (3/4 c per day)  
 Grain: B; 8-10 oz eq (1 oz per day) L; 8-10 oz eq (1 oz per day)  
 Meat/Meat Alternative: L 9-10 oz eq (1 oz per day)

REFER TO CHILD MEAL PATTERN CHARTS FOR ALL SERVING SIZES.

# BCCA

## MEAL PLAN FOR OCTOBER 2023

	WEEK 1 [10/02-10/06]	WEEK 2 [10/09-10/13]	WEEK 3 [10/16-10/20]	WEEK 4 [10/23-10/27]	
<b>MONDAY</b>	<b>Breakfast:</b> Applesauce, Cheerios, Milk <b>Lunch:</b> WG Macaroni Meatball, Broccoli, Watermelon, Milk <b>PM Snack:</b> Gold Fish, Mozzarella	<b>Breakfast:</b> Applesauce, Cheerios, Milk <b>Lunch:</b> WG Mac&Cheese (homemade), Broccoli, Watermelon, Milk <b>PM Snack:</b> Gold Fish, Mozzarella	<b>Breakfast:</b> Applesauce, Cheerios, Milk <b>Lunch:</b> WG Macaroni Meatball, Broccoli, Watermelon, Milk <b>PM Snack:</b> Gold Fish, Mozzarella	<b>Breakfast:</b> Applesauce, Cheerios, Milk <b>Lunch:</b> WG Mac&Cheese (homemade), Broccoli, Watermelon, Milk <b>PM Snack:</b> Gold Fish, Mozzarella	<b>SERVING SIZES</b>  1-2 Years Milk: 4oz Fruit/Veg: 5 1/4c, L: 1/6c, S: 1/2c Bread: 1/2 slice Meat: L 1oz  3-5 Years Milk: 6oz Fruit/Veg: 5 1/2c, L: 1/4c, S: 1/2c Bread: 1/2 slice Meat: L 1 1/2oz  8-12 Years Milk: 8oz Fruit/Veg: 5 1/2c, L: 3/4c, S: 1/2c Bread: 1 slice Meat: L 2oz  <b>REFER TO CHILD MEAL PATTERN CHARTS FOR ALL SERVING SIZES.</b>
<b>TUESDAY</b>	<b>Breakfast:</b> Strawberry, WG Pancake, Milk <b>Lunch:</b> WG Grilled Cheese Sandwich (M.A.), Carrots, Cantelope, Milk <b>PM Snack:</b> Ritz Cracker, Pineapple Tidbits	<b>Breakfast:</b> Strawberry, WG Waffles, Milk <b>Lunch:</b> Chicken Quisadilla, Salad, Cantelope, Milk <b>PM Snack:</b> Ritz Cracker, Pineapple Tidbits	<b>Breakfast:</b> Strawberry, WG Pancake, Milk <b>Lunch:</b> WG Grilled Cheese Sandwich (M.A.), Carrots, Cantelope, Milk <b>PM Snack:</b> Ritz Cracker, Pineapple Tidbits	<b>Breakfast:</b> Strawberry, WG Waffles, Milk <b>Lunch:</b> Chicken Quisadilla, Salad, Cantelope, Milk <b>PM Snack:</b> Ritz Cracker, Pineapple Tidbits	
<b>WEDNESDAY</b>	<b>Breakfast:</b> Mandarin Fruit Cup, WG Blueberry Muffin, Milk <b>Lunch:</b> Chicken Nuggets with WG Toast, Applesauce cup, Green Peas, Milk <b>PM Snack:</b> Apple Slice, Cheez-it	<b>Breakfast:</b> Mandarin Fruit Cup, WG Corn Muffin, Milk <b>Lunch:</b> Chicken Fritters with WG Pita, Applesauce Cup, Green Peas, Milk <b>PM Snack:</b> Apple Slice, Cheez-it	<b>Breakfast:</b> Mandarin Fruit Cup, WG Blueberry Muffin, Milk <b>Lunch:</b> Chicken Nuggets with WG Toast, Applesauce cup, Green Peas, Milk <b>PM Snack:</b> Apple Slice, Cheez-it	<b>Breakfast:</b> Mandarin Fruit Cup, WG Corn Muffin, Milk <b>Lunch:</b> Chicken Fritters with WG Pita, Applesauce Cup, Green Peas, Milk <b>PM Snack:</b> Apple Slice, Cheez-it	
<b>THURSDAY</b>	<b>Breakfast:</b> Peaches, Yogurt, Milk <b>Lunch:</b> Cheese Burger (WG Bun), Tater Tots, Pineapple, Milk <b>PM Snack:</b> Pretzel, Fruit Cup	<b>Breakfast:</b> Peaches, Yogurt, Milk <b>Lunch:</b> Chicken Pizza (homemade chicken on WG english muffin), Corn, Pineapple, Milk <b>PM Snack:</b> Pretzel, Fruit Cup	<b>Breakfast:</b> Peaches, Yogurt, Milk <b>Lunch:</b> Cheese Burger (WG Bun), Tater Tots, Pineapple, Milk <b>PM Snack:</b> Pretzel, Fruit Cup	<b>Breakfast:</b> Peaches, Yogurt, Milk <b>Lunch:</b> Chicken Pizza (homemade chicken on WG english muffin), Corn, Pineapple, Milk <b>PM Snack:</b> Pretzel, Fruit Cup	
<b>FRIDAY</b>	<b>Breakfast:</b> Mix Fruit Cup, WG Toast w/ Strawberry Jam, Milk <b>Lunch:</b> WG Beef & Bean Chili Burrito (Casa Solona Classic CN), String Beans, Mandarin Cup, Milk <b>PM Snack:</b> Graham Crackers, 100% Cranberry Juice	<b>Breakfast:</b> Mix Fruit Cup, Chex Cereal, Milk <b>Lunch:</b> Beef & Pinto Beans Chili, WG Cornbread, Snow Peas, Mandarin Cup, Milk <b>PM Snack:</b> Graham Crackers, 100% Cranberry Juice	<b>Breakfast:</b> Mix Fruit Cup, WG Toast w/ Strawberry Jam, Milk <b>Lunch:</b> WG Beef & Bean Chili Burrito (Casa Solona Classic CN), String Beans, Mandarin Cup, Milk <b>PM Snack:</b> Graham Crackers, 100% Cranberry Juice	<b>Breakfast:</b> Mix Fruit Cup, Chex Cereal, Milk <b>Lunch:</b> Beef & Pinto Beans Chili, WG Cornbread, Snow Peas, Mandarin Cup, Milk <b>PM Snack:</b> Graham Crackers, 100% Cranberry Juice	

WE ARE AN EQUAL OPPORTUNITY PROVIDER.

# BCCA

## MEAL PLAN FOR NOVEMBER 2023

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	
	10/30	11/06	11/13	11/20	11/27	
<b>MONDAY</b>	<b>Breakfast:</b> (WG) Pancake w/ Applesauce & Milk  <b>Lunch:</b> (WG) Spaghetti Meatball w/ Butternut Squash, Honeydew & Milk  <b>PM Snack:</b> (WG) Goldfish, Pear	<b>Breakfast:</b> (WG) Hot Pretzel w/ Applesauce & Milk  <b>Lunch:</b> (MA) Cheese (WG) Ravioli in Basil Pesto w/ Butternut Squash, Honeydew & Milk  <b>PM Snack:</b> (WG) Goldfish, Pear	<b>Breakfast:</b> (WG) Pancake w/ Applesauce & Milk  <b>Lunch:</b> (WG) Spaghetti Meatball w/ Butternut Squash, Honeydew & Milk  <b>PM Snack:</b> (WG) Goldfish, Pear	<b>Breakfast:</b> (WG) Hot Pretzel w/ Applesauce & Milk  <b>Lunch:</b> (MA) Cheese (WG) Ravioli in Basil Pesto w/ Butternut Squash, Honeydew & Milk  <b>PM Snack:</b> (WG) Goldfish, Pear	<b>Breakfast:</b> (WG) Pancake w/ Applesauce & Milk  <b>Lunch:</b> (WG) Spaghetti Meatball w/ Butternut Squash, Honeydew & Milk  <b>PM Snack:</b> (WG) Goldfish, Pear	<b>SERVING SIZES</b>
	<b>10/31</b>	<b>11/7</b>	<b>11/14</b>	<b>11/21</b>	<b>11/28</b>	
<b>TUESDAY</b>	<b>Breakfast:</b> WG Raisin Bran Cereal w/ Mix Fruit & Milk  <b>Lunch:</b> Chicken Tenders w/ (WG) Dinner Roll w/ Pinto Beans, Pineapple & Milk  <b>PM Snack:</b> (WG) Graham Crackers, 100% Grape Juice	<b>Breakfast:</b> WG Raisin Cinnamon Chex Cereal w/ Mix Fruit & Milk  <b>Lunch:</b> (WG) Chicken Quisadilla w/ Pinto Beans, Pineapple & Milk  <b>PM Snack:</b> (WG) Graham Cracker, 100% Grape Juice	<b>Breakfast:</b> WG Raisin Bran Cereal w/ Mix Fruit & Milk  <b>Lunch:</b> Chicken Tenders w/ (WG) Dinner Roll w/ Pinto Beans, Pineapple & Milk  <b>PM Snack:</b> (WG) Graham Crackers, 100% Grape Juice	<b>Breakfast:</b> WG Raisin Cinnamon Chex Cereal w/ Mix Fruit & Milk  <b>Lunch:</b> (WG) Chicken Quisadilla w/ Pinto Beans, Pineapple & Milk  <b>PM Snack:</b> (WG) Graham Cracker, 100% Grape Juice	<b>Breakfast:</b> WG Raisin Bran Cereal w/ Mix Fruit & Milk  <b>Lunch:</b> Chicken Tenders w/ (WG) Dinner Roll w/ Pinto Beans, Pineapple & Milk  <b>PM Snack:</b> (WG) Graham Crackers, 100% Grape Juice	<b>1-2 Years</b> Milk: 4oz Fruit/Veg: B1/4c, L1/8c, S1/2c Bread: 1/2 slice Meat: L 1oz
	<b>11/1</b>	<b>11/08</b>	<b>11/15</b>	<b>11/22</b>	<b>11/29</b>	
<b>WEDNESDAY</b>	<b>Breakfast:</b> (WG) Cinnamon Apple Muffin, Apple Slice & Milk  <b>Lunch:</b> Chicken Eggroll w/ WG Saltine Cracker Green Peas, Watermelon & Milk  <b>PM Snack:</b> (WG) Cheez-It, Peaches	<b>Breakfast:</b> (WG) Blueberry Muffin, Apple Slice & Milk  <b>Lunch:</b> Breakfast Chicken Sausage w/ (WG) English Muffin, Green Peas, Watermelon & Milk  <b>PM Snack:</b> (WG) Cheez-it, Peaches	<b>Breakfast:</b> (WG) Cinnamon Apple Muffin, Apple Slice & Milk  <b>Lunch:</b> WG Chicken Eggroll w/ Green Peas, Watermelon & Milk  <b>PM Snack:</b> (WG) Cheez-It, Peaches	<b>Breakfast:</b> (WG) Blueberry Muffin, Apple Slice & Milk  <b>Lunch:</b> Breakfast Chicken Sausage w/ (WG) English Muffin, Green Peas, Watermelon & Milk  <b>PM Snack:</b> (WG) Cheez-it, Peaches	<b>Breakfast:</b> (WG) Cinnamon Apple Muffin, Apple Slice & Milk  <b>Lunch:</b> WG Chicken Eggroll w/ Green Peas, Watermelon & Milk  <b>PM Snack:</b> (WG) Cheez-It, Peaches	<b>3-5 Years</b> Milk: 8oz Fruit/Veg: B1/2c, L1/4c, S1/2c Bread: 1/2 slice Meat: L 1 1/2oz
	<b>11/2</b>	<b>11/09</b>	<b>11/16</b>	<b>11/23</b>	<b>11/30</b>	
<b>THURSDAY</b>	<b>Breakfast:</b> (WG) Blueberry Bagel w/ Cream Cheese dip, Tropical Fruit Cup & Milk  <b>Lunch:</b> Ground Beef Chili w/ (WG) Corn Bread, Peaches, Okra & Milk  <b>PM Snack:</b> (WG) Rice cake Cripies, Applesauce Cup	<b>Breakfast:</b> (WG) Cinnamon Bagel w/ Cream Cheese dip, Tropical Fruit Cup & Milk  <b>Lunch:</b> Beef Patty w/ Gravy, Creamy Polenta, Peaches, Okra & Milk  <b>PM Snack:</b> (WG) Rice Cripies, Applesauce cup	<b>Breakfast:</b> (WG) Blueberry Bagel w/ Cream Cheese dip, Tropical Fruit Cup & Milk  <b>Lunch:</b> Ground Beef Chili w/ (WG) Corn Bread, Peaches, Okra & Milk  <b>PM Snack:</b> (WG) Rice cake Cripies, Applesauce Cup	<b>Breakfast:</b> (WG) Cinnamon Bagel w/ Cream Cheese dip, Tropical Fruit Cup & Milk  <b>Lunch:</b> Beef Patty w/ Gravy, Creamy Polenta, Peaches, Okra & Milk  <b>PM Snack:</b> (WG) Rice Cripies, Applesauce cup	<b>Breakfast:</b> (WG) Blueberry Bagel w/ Cream Cheese dip, Tropical Fruit Cup & Milk  <b>Lunch:</b> Ground Beef Chili w/ (WG) Corn Bread, Peaches, Okra & Milk  <b>PM Snack:</b> (WG) Rice cake Cripies, Applesauce Cup	<b>8-12 Years</b> Milk: 8oz Fruit/Veg: B1/2c, L3/4c, S1/2c Bread: 1slice Meat: L 2oz
	<b>11/3</b>	<b>11/10</b>	<b>11/17</b>	<b>11/24</b>	<b>12/1</b>	
<b>FRIDAY</b>	<b>Breakfast:</b> Toast w/ Fruit Jam w/ Mandarin & Milk  <b>Lunch:</b> "Nathan's Famous" Beef (WG) Hotdog w/ Orange, Cauliflower & Milk  <b>PM Snack:</b> (WG) Sun Chips, 100% Apple Juice	<b>Breakfast:</b> Toast w/ Fruit Jam w/ Mandarin & Milk  <b>Lunch:</b> (WG) Chicken Burger w/ Orange, Cauliflower & Milk  <b>PM Snack:</b> (WG) Sun Chips, 100% Apple Juice	<b>Breakfast:</b> Toast w/ Fruit Jam w/ Mandarin & Milk  <b>Lunch:</b> "Nathan's Famous" Beef (WG) Hotdog w/ Orange, Cauliflower & Milk  <b>PM Snack:</b> (WG) Sun Chips, 100% Apple Juice	<b>Breakfast:</b> Toast w/ Fruit Jam w/ Mandarin & Milk  <b>Lunch:</b> (WG) Chicken Burger w/ Orange, Cauliflower & Milk  <b>PM Snack:</b> (WG) Sun Chips, 100% Apple Juice	<b>Breakfast:</b> Toast w/ Fruit Jam w/ Mandarin & Milk  <b>Lunch:</b> "Nathan's Famous" Beef (WG) Hotdog w/ Orange, Cauliflower & Milk  <b>PM Snack:</b> (WG) Sun Chips, 100% Apple Juice	<b>REFER TO CHILD MEAL PATTERN CHARTS FOR ALL SERVING SIZES.</b>
	<b>11/3</b>	<b>11/10</b>	<b>11/17</b>	<b>11/24</b>	<b>12/1</b>	

**WE ARE AN EQUAL OPPORTUNITY PROVIDER.**