

# Breakfast

Nov-25

Substitutions may be used as necessary.

| Sunday | Monday                                                  | Tuesday                                                              | Wednesday                                               | Thursday                                                       | Friday                                                      | Saturday |
|--------|---------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------|----------|
|        |                                                         |                                                                      |                                                         |                                                                |                                                             | 1        |
| 2      | 3<br>WGR<br>Life Cereal<br>Diced Peaches ©<br>Milk      | 4<br>Banana Bread<br>Pineapple Tidbits©<br>WG Sliced Bread<br>Milk   | 5<br>WGR<br>Honey Nut Cheerios<br>Applesauce<br>Milk    | 6<br>Biscuits w/ham<br>Fruit Cocktail ©<br>Milk                | 7<br>WGR<br>Waffles<br>Pear Halves ©<br>Milk                | 8        |
| 9      | 10<br>WGR<br>Pancakes<br>Apricot Halves ©<br>Milk       | 11<br>French Toast Sticks<br>Bannanas & Berries©<br>Milk             | 12<br>WGR<br>Toasted Oats<br>Fresh Strawberries<br>Milk | 13<br>Scrambled Eggs w/bis<br>Applesauce ©<br>Tortilla<br>Milk | 14<br>WGR<br>Bagel w/cream cheese<br>Pear Halves ©<br>Milk  | 15       |
| 16     | 17<br>WGR<br>Honey Nut Cheerios<br>Peach Halves<br>Milk | 18<br>Biscuit w/butter<br>Scrambled Eggs<br>Apricot Halves ©<br>Milk | 19<br>French Toast<br>Pineapple Tidbits ©<br>Milk       | 20<br>WGR<br>Pancakes<br>Fruit Cocktail ©<br>Milk              | 21<br>WGR<br>Bagel w/sausage patty<br>Diced Pears ©<br>Milk | 22       |
| 23     | 24<br>WGR<br>French Toast<br>Pear Halves ©<br>Milk      | 25<br>WGR<br>Corn Flakes<br>Diced Pineapple ©<br>Milk                | 26<br>WGR<br>Pancakes<br>Apricot Halves ©<br>Milk       | 27<br>Thanksgiving Holidays                                    | 28<br>Holiday                                               | 29       |

# Lunch

Nov-25

Substitutions may be used as necessary.

| Sunday | Monday                                                                                        | Tuesday                                                                                          | Wednesday                                                                                 | Thursday                                                                                      | Friday                                                                                              | Saturday |
|--------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------|
|        |                                                                                               |                                                                                                  |                                                                                           |                                                                                               |                                                                                                     | 1        |
| 2      | 3<br>WGR<br>Salisbury Steak<br>Green Beans (A)<br>Apricot Halves ©<br>WG Sliced Bread<br>Milk | 4<br>WGR<br>Chicken Patties<br>Peas & Carrots (A)<br>Mixed Berries ©<br>WG Sliced Bread<br>Milk  | 5<br>Hot Dogs w/cheese<br>Baked Beans<br>Orange Slices ©<br>Hot Dog Bun<br>Milk           | 6<br>Beef Tacos<br>Lettuce & Tomato Sal<br>Applesauce<br>Flour Tortilla<br>Milk               | 7<br>WGR<br>Pepperoni Pizza (CN)<br>Mx. Vegetables (A)<br>Pear Halves ©<br>WG Sliced Bread<br>Milk  | 8        |
| 9      | 10<br>Fish Fillet (CN)<br>Mashed Potatoes<br>Bananas<br>Milk                                  | 11<br>WGR<br>Grilled Ham/Chees<br>Broccoli (A)<br>Pineapple Cuts ©<br>WG Sliced Bread<br>Milk    | 12<br>WGR<br>Chicken Alfredo<br>Garden Salad<br>Applesauce ©<br>WG Sliced Bread<br>Milk   | 13<br>Bean & Cheese Taco<br>Corn<br>Orange Slices ©<br>Flour Tortilla<br>Milk                 | 14<br>WGR<br>Chicken Quesadilla<br>Mx. Vegetables (A)<br>Diced Peaches ©<br>WG Sliced Bread<br>Milk | 15       |
| 16     | 17<br>Soft Chicken Taco<br>Garden Salad<br>Pear Halves ©<br>Flour Tortilla<br>Milk            | 18<br>WGR<br>Baked Parmesan Chic<br>Mx. Vegetables (A)<br>Mx. Fruit ©<br>WG Sliced Bread<br>Milk | 19<br>Bean & Cheese Taco<br>Lettuce & Tomato<br>Mixed Berries ©<br>Flour Tortilla<br>Milk | 20<br>WGR<br>Salisbury Steak<br>Mashed Potatoes<br>Apricot Halves©<br>WG Sliced Bread<br>Milk | 21<br>WGR<br>Chicken Nuggets<br>Cut Green Beans (A)<br>Orange Sections©<br>WG Sliced Bread<br>Milk  | 22       |
| 23     | 24<br>Bar B Que Pork Sand<br>Peas/Carrots (A)<br>Pears<br>Hamburger buns<br>Milk              | 25<br>Cheeseburgers<br>Broccoli (A)<br>Banana/Strawberry ©<br>Hamburger Bun<br>Milk              | 26<br>Hot Dogs w/cheese<br>Corn<br>Fresh Apple Slices ©<br>Hot Dog Bun<br>Milk            | 27<br>Thanksgiving Holidays                                                                   | 28<br>Holiday                                                                                       | 29       |

# Snack

Nov-25

Substitutions may be used as necessary.

| Sunday                                                                                                 | Monday                                                        | Tuesday                                               | Wednesday                                                | Thursday                                         | Friday                                                                  | Saturday |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------------|----------|
| <p>**Trail Mix:<br/>Marshmallows<br/>Pretzels<br/>Chex rice, wheat and<br/>Corn Cereal<br/>Raisins</p> |                                                               |                                                       |                                                          |                                                  |                                                                         | 1        |
| 2                                                                                                      | 3                                                             | 4                                                     | 5                                                        | 6                                                | 7                                                                       | 8        |
|                                                                                                        | Breadsticks w/<br>Marinara Sauce<br>Fruit Cocktail ©<br>Water | Yogurt w/fruit<br>Mixed Berries ©<br>Water            | Graham Crackers<br>Apricot Halves ©<br>Water             | WGR<br>WGR Waffles<br>Diced Pears ©<br>Water     | WGR<br>WGR Sun chips<br>Cheddar Cheese<br>WW Toast<br>Water             |          |
| 9                                                                                                      | 10                                                            | 11                                                    | 12                                                       | 13                                               | 14                                                                      | 15       |
|                                                                                                        | Cinnamon Raisin Brea<br>Applesauce ©<br>Water                 | WGR<br>Trail Mix **<br>Diced Peaches©<br>Water        | WGR<br>Ritz Crackers<br>Pineapple Tidbits©<br>Water      | WGR<br>WG Banana Muffins<br>Pear Halves<br>Water | Sun Chips<br>100% Fruit Punch<br>Water                                  |          |
| 16                                                                                                     | 17                                                            | 18                                                    | 19                                                       | 20                                               | 21                                                                      | 22       |
|                                                                                                        | Carrot Sticks w/ranch<br>100% fruit Punch<br>Water            | WGR<br>Goldfish Crackers<br>Fruit Cocktail ©<br>Water | Cinnamon Raisin Brea<br>Applesauce ©<br>Water            | Yogurt w/fruit<br>Mixed Berries ©<br>Water       | WGR<br>Breadsticks w/<br>Marinara Sauce<br>Pineapple Tidbits ©<br>Water |          |
| 23                                                                                                     | 24                                                            | 25                                                    | 26                                                       | 27                                               | 28                                                                      | 29       |
|                                                                                                        | WGR<br>Mini Bagels /cream<br>Apricot Halves ©<br>Water        | WGR<br>Goldfish Crackers<br>Diced Pears ©<br>Water    | Jerky (CN)<br>Saltine Crackers<br>Diced Peaches<br>Water | Thanksgiving Holidays                            | Holiday                                                                 |          |



# Dinner

Nov-25

Substitutions may be used as necessary.

| Sunday | Monday                                                                                         | Tuesday                                                                                       | Wednesday                                                                                 | Thursday                                                                                  | Friday                                                                                       | Saturday |
|--------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------|
|        |                                                                                                |                                                                                               |                                                                                           |                                                                                           |                                                                                              | 1        |
| 2      | 3                                                                                              | 4                                                                                             | 5                                                                                         | 6                                                                                         | 7                                                                                            | 8        |
|        | Beanie Weenies<br>Corn Cuts<br>Diced Pineapple ©<br>WG Sliced Bread<br>Milk                    | WGR<br>Salisbury Steak (CN)<br>Green Beans (A)<br>Apricot Halves ©<br>WG Sliced Bread<br>Milk | WG<br>Chicken Patties<br>Peas & Carrots (A)<br>Mixed Berries ©<br>WG Sliced Bread<br>Milk | Hot Dog w/Cheese<br>Baked Beans<br>Orange Sections ©<br>Hot Dog Bun<br>Milk               | Beef Tacos<br>Lettuce & Tomato (A)<br>Applesauce ©<br>Flour Tortilla<br>Milk                 |          |
| 9      | 10                                                                                             | 11                                                                                            | 12                                                                                        | 13                                                                                        | 14                                                                                           | 15       |
|        | WG<br>Pepperoni Pizza<br>Mx. Vegetables (A)<br>Pear Halves ©<br>WG Sliced Bread<br>Milk        | Fish Fillet<br>Mashed Potatoes<br>Bananas<br>WG Sliced Bread<br>Milk                          | WG<br>Grilled Ham & Cheese<br>Broccoli (A)<br>Pineapple Cuts ©<br>WG Sliced Bread<br>Milk | WG<br>Chicken Alfredo<br>Green Salad w/carrots<br>Applesauce ©<br>WG Sliced Bread<br>Milk | Bean & Cheese Tacos<br>Corn<br>Orange Slices ©<br>Flour Tortilla<br>Milk                     |          |
| 16     | 17                                                                                             | 18                                                                                            | 19                                                                                        | 20                                                                                        | 21                                                                                           | 22       |
|        | Chicken Quesadilla<br>Mx. Vegetables (A)<br>Diced Peaches ©<br>WG Sliced Bread<br>Milk         | Soft Chickien Taco<br>Garden Salad<br>Pear Halves ©<br>Flour Tortilla<br>Milk                 | WG<br>Baked Parm Chicken<br>Mx. Vegetables (A)<br>Mx. Fruit ©<br>WG Sliced Bread<br>Milk  | Bean & Cheese Taco<br>Lettuce & Tomato<br>Mixed Berries ©<br>Flour Tortilla<br>Milk       | WG<br>Salisbury Steak (CN)<br>Mashed Potatoes<br>Apricot Halves ©<br>WG Sliced Bread<br>Milk |          |
| 23     | 24                                                                                             | 25                                                                                            | 26                                                                                        | 27                                                                                        | 28                                                                                           | 29       |
|        | WGR<br>Chicken Nuggets (CN)<br>Green Beans (A)<br>Orange Sections ©<br>WG Sliced Bread<br>Milk | Bar B Que Pork Sand<br>Peas & Carrots (A)<br>Pear Halves ©<br>Hamburger bun<br>Milk           | Cheeseburger<br>Broccoli Cuts (A)<br>Banana/Straw<br>Hamburger Bun<br>Milk                | Thanksgiving Holidays                                                                     | Holiday                                                                                      |          |