

November 5 - 9	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	<p>Yogurt w/ granola</p> <p>Strawberries - FF, GF</p> <p>1 % Milk</p>	<p>WG Oatmeal</p> <p>Craisins - FF, GF</p> <p>1 % Milk</p>	<p>HM Blueberry Muffins - FF</p> <p>Blueberries - FF, GF</p> <p>1 % Milk</p>	<p>HM Egg Bake</p> <p>Apples - FF, GF</p> <p>1 % Milk</p>	<p>Cereal</p> <p>Oranges - FF, GF</p> <p>1 % Milk</p>
<p><b>Lunch</b></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	<p>HM Chicken Stir Fry (WG Brown Rice)</p> <p>Pears - GF</p> <p>(Mixed Vegetables - FF, GF)</p> <p>1 % Milk</p>	<p>Beef &amp; Cheese Nachos</p> <p>WG Tortilla Chips</p> <p>Peaches - GF</p> <p>Corn - FF, GF</p> <p>1 % Milk</p>	<p>WG Jelly &amp; Banana Sandwich &amp; Cheese</p> <p>WG Bun (Banana) &amp; Grapes - FF, GF</p> <p>Broccoli - FF, GF</p> <p>1 % Milk</p>	<p>HM Roast Beef</p> <p>Crackers</p> <p>Zucchini - FF, GF</p> <p>Mashed Potatoes - FF, GF</p> <p>1 % Milk</p>	<p>Chicken Noodle Soup</p> <p>Saltines</p> <p>Fruit Cocktail - GF</p> <p>(Carrots &amp; Celery) Peas - FF, GF</p> <p>1 % Milk</p>
<p><b>Snack</b></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit</li> <li>• Meat or meat alternate</li> </ul>	<p>WG Bun</p> <p>Tuna Spread</p>	<p>Goldfish</p> <p>Cucumber slices - FF, GF</p>	<p>1% Milk</p> <p>Nila Wafers</p>	<p>Saltines</p> <p>Ham chunks</p>	<p>Ritz</p> <p>Sausage - FF, GF</p>

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

Abbreviations and symbols:

FF = Fresh or frozen  
HM = Homemade

WG = Whole Grain  
GF = Gluten Free

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked. Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.



November 12 -16	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	WG Cereal  Bananas - FF, GF  1 % Milk	HM Pancakes  Strawberries - FF, GF  1 % Milk	WG Toast w/ jelly  Mandarin Oranges - GF  1 % Milk	Cubed Ham  Home Fries - FF, GF  1 % Milk	HM Banana Bread  Grapes - FF, GF  1 % Milk
<b>Lunch</b> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	HM Chicken Pot Pie  (WG Crust)  Apples - FF, GF  (Peas, Carrots - GF)  1 % Milk	Cowboy Stew (Beef)  Saltines  (Beans - FF, GF)  Mixed Vegetables-GF  1 % Milk	Kielbasa  WG Roll  Peaches- GF  Beets - GF  1 % Milk	Cucumber & Cream Cheese Sandwich & Cheese  WG Bread  Oranges - FF, GF  Corn - FF, GF  1 % Milk	Turkey  Stuffing  Cranberries GF  Green Beans / Mashed Potatoes  1 % Milk
<b>Snack</b> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit</li> <li>• Meat or meat alternate</li> </ul>	Ritz      Summer Sausage	Pita bread  HM Hummus	Peaches - GF  Cheese - GF, FF	Graham Crackers    Applesauce GF	Milk     Pumpkin Bars

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November 19 - 23	Monday	Tuesday	Wednesday	Thursday	Friday
<u><b>Breakfast</b></u> Must include one serving of each of these three items: <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	English Muffins  Peaches - GF  1 % Milk	HM WG Waffles  Fruit Cocktail - GF  1 % Milk	Bagels w/Cream cheese  Pears - GF  1 % Milk		
<u><b>Lunch</b></u> Must include one serving of each of these five items: <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	Rice A Roni Pizza - Cheese/Pepperoni (WG Brown Rice) Strawberries - FF, GF Pickles - GF 1 % Milk	HM Spinach & Cheese Lasagna (Noodles) Pineapple - FF, GF (Spinach) & Corn 1 % Milk	Bacon WG Roll Pumpkin, Apple, Cinnamon Soup - FF, GF Peas - FF, GF 1 % Milk	<b>Happy Thanksgiving!</b>  KCC is closed	KCC is closed
<u><b>Snack</b></u> Must include one serving of two items in the following list: <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit</li> <li>• Meat or meat alternate</li> </ul>	Pretzels  Carrots - FF, GF	Graham Crackers  Oranges - FF, GF	Snap peas  Cheese - FF, GF		

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November 26 - 30	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <li>Grain/Meat or meat Alternate</li> <li>Fruit or vegetable</li> <li>Milk</li> </ul>	Cereal  Blueberries - FF, GF  1 % Milk	HM WG French Toast  Applesauce GF  1 % Milk	WG Cinnamon Toast  Raisins FF, GF  1 % Milk	Scambled Eggs FF, GF  Hashbrowns FF, GF  1 % Milk	Cereal  Craisins - FF, GF  1 % Milk
<b>Lunch</b> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <li>Meat or meat alternate</li> <li>Grain</li> <li>Fruit or vegetable</li> <li>Vegetable</li> <li>Milk</li> </ul>	HM Broccoli, Cauliflower, Bacon & Cheese Salad  WG Crackers  Peaches - GF (Broccoli & Cauliflower - FF, GF)  1 % Milk	HM Spanish Rice (Ground Beef) (WG Brown Rice)  Mandarin Oranges - GF (Tomatoes - GF) & Pork N Beans - GF  1 % Milk	Ham Sandwich  WG Bun  Apples - FF, GF  Pickles - GF  1 % Milk	HM Potatoe Soup w/ Cheese  Oyster crackers  Grapes - FF, GF  Carrots - GF  1 % Milk	WG Chicken & Cheese Wrap (Tortilla)  Melon - FF, GF  Zucchini - FF, GF  1 % Milk
<b>Snack</b> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <li>Milk</li> <li>Grain</li> <li>Vegetable</li> <li>Fruit</li> <li>Meat or meat alternate</li> </ul>	Tortilla Wrap  (Pickles - GF)  (Cream Cheese - GF)	WG Buttered Bread  Bananas - FF, GF	WG Tortilla Chips  Cheese GF	WG Bread Sticks  Marinara Sauce	Cucumbers - FF, GF  Turkey Cubes

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