

SA Menu No. 9 (2022-2023)

Month: November Days: 28-2 Year: 2022



Breakfast	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	4 oz	6 oz	8 oz	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored
Vegetable/ Fruit/Juice	1/4 Cup	1/2 Cup	1/2 Cup	Mandarin/Oranges	Applesauce	Diced Pears	Diced Peaches	Pineapple Chunks
Grains/ Breads	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Honey Kix (WG)	French Toast	Oatmeal (WG)	English Muffin (WG)	Cream of Wheat (W.W)
Meat/ Meat Alternative					Scrabbled Eggs			
Extra/ Optional					Light Syrup		Cream Cheese	
Lunch	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
				Chicken Patty	BBQ Chicken	Mac & Cheese w/ Turkey	Cheeseburger	Chicken Rice Soup
Milk	4 oz	6 oz	8 oz	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored
Meat/ Meat Alternative	1 oz	1-1/2 oz	2 oz	Chicken Patty	Drumsticks	Turkey Slice / Cheese Sauce	Beef Patty / Cheddar Slice Cheese	Chicken Breast
Vegetable	1/8 Cup	1/4 Cup	1/4 Cup	Corn on the Cob	Plantains	Broccoli	Shredded Lettuce	Peas & Carrots
Fruit (or Vegetable)	1/8 Cup	1/4 Cup	1/4 Cup	Mangos	Pineapple Chunks	Diced Pears	Mandarin/Oranges	Mixed Fruit
Grains/ Bread	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Burger Bun	Yellow Rice	Elbow Pasta	Burger Bun	White Rice
Extra/ Optional					BBQ Chicken			Avocado
Snack	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	4 oz	6 oz	8 oz			1 % Milk unflavored	Low-Fat Yogurt	
Meat/ Meat	1/2 oz	1/2 oz	1 oz					
Vegetable/ Fruit/Juice	1/2 Cup	1/2 Cup	3/4 Cup	Apple Slices	Cheese Stick		Strawberry	100% Apple Juice
Grains/ Breads	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Animal Crackers Mixed Berry	Sun Chips (WG)	Graham Crackers		Pretzels
Supper	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
				Beeferoni	Meatball Subs	Corn Dogs	Salisbury Steak	Cheese Pizza
Milk	4 oz	6 oz	8 oz	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored
Meat/ Meat Alternative	1 oz	1-1/2 oz	2 oz	Ground Beef	Meatballs CN Labels	Turkey Links	Salisbury Steak	Cheese
Vegetable	1/8 Cup	1/4 Cup	1/4 Cup	Green Beans	Tater Tots	Carrots	Mashed Potatoes	Corn
Fruit (or Vegetable)	1/8 Cup	1/4 Cup	1/4 Cup	Mixed Fruit	Mangos	Sliced Peaches	Applesauce	Apple Slices
Grains/ Bread	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Elbow Pasta	Sub Roll	Dinner Roll	Dinner Roll	Bread Sticks
Extra/ Optional					Ketchup	Ketchup		

**Note: Water will be served EVERYDAY during Snack
(CN) CN LABEL REQUIRED
*Cut in bite size piece for 1-2 yr olds
1 Year Olds Are Served Whole Milk**