



November 2024

Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				<p>1</p> <p>Breakfast Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk</p> <p>Lunch Beef A Roni (Ground Beef & Pasta) Peas Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack Apples Whole Grain Ritz Crackers Water</p>
<p>4</p> <p>Breakfast Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p>Lunch Make Your Own Turkey & Cheese Wraps Carrots/ **Green Beans Sliced Apples Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Maple Crackers Peaches Water</p>	<p>5</p> <p>Breakfast Whole Grain Kix Cereal Peaches *Unflavored Whole/ Skim Milk</p> <p>Lunch Beef Taco Meat w/Tomatoes Shredded Cheese & Lettuce Whole Grain Tortilla Wrap Bananas Cooked Corn *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Soft Pretzel Sticks w/Mustard Applesauce Water</p>	<p>6</p> <p>Breakfast Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk</p> <p>Lunch Chicken w/Diced Tomato & Rice Tossed Salad w/Dressing **Carrots Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Goldfish Crackers Oranges Water</p>	<p>7</p> <p>Breakfast Apples Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk</p> <p>Lunch Make Your Own Ham & Cheese Sandwiches Celery ** Peas Whole Wheat Bread Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Animal Crackers Apples Water</p>	<p>8</p> <p>Breakfast Oranges Whole Grain Bagels *Unflavored Whole/ Skim Milk</p> <p>Lunch Ham, Green Bean & Potato Stew String Cheese Whole Grain Crackers Pears *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Graham Crackers Cheese Slices Water</p>



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<p>11 Breakfast</p> <p>Bananas Whole Grain Rice Krispies *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Turkey & Cheese Wraps Carrots/ **Green Beans Whole Grain Tortilla Wraps Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Educational Crackers Peaches Water</p>	<p>12 Breakfast</p> <p>Whole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Ground Beef w/Pasta Cooked Green Beans Whole Wheat Dinner Rolls Bananas *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cheese It Crackers Cheese Slices Water</p>	<p>13 Breakfast</p> <p>Apple Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice w/Kidney Beans Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cinnamon Crisp Bites Cheese Slices Water</p>	<p>14 Breakfast</p> <p>100% Orange Juice 100% Whole Wheat Bread w/Cream Cheese *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Ham & Cheese Sandwiches Celery ** Corn Whole Wheat Hamburger Buns Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Sliced Apples Whole Grain Blueberry Lemon Crisp Cracker Water</p>	<p>15 Breakfast</p> <p>Applesauce Whole Grain English Muffin *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Chili w/Ground Beef, Kidney Beans & Rice Cooked Corn Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Soy Butter on Whole Grain Ritz Crackers Water</p>
<p>18 Breakfast</p> <p>Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Turkey & Cheese Wraps Red Beets Whole Grain Tortilla Wraps Sliced Apples *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Maple Crackers Apples Water</p>	<p>19 Breakfast</p> <p>100% Orange Juice 100% Whole Grain Pancakes *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Scrambled Eggs with Fiesta Chicken & Cheese Tossed Salad w/Dressing **Carrots Whole Wheat Dinner Rolls Bananas *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Graham Crackers Bananas Water</p>	<p>20 Breakfast</p> <p>Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Chicken Stew w/Mixed Vegetables String Cheese Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Applesauce Whole Grain Goldfish Crackers Water</p>	<p>21 Breakfast</p> <p>100% Orange Juice Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Ham & Cheese Sandwiches Celery ** Peas Whole Wheat Bread Oranges *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Wheat Hard Pretzels Peaches Water</p>	<p>22 Breakfast</p> <p>Diced Pears Whole Grain Bagels *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Sliced Turkey in Gravy Whole Wheat Bread Green Beans Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Educational Crackers Cheese Slices Water</p>



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<p>25 Breakfast</p> <p>Whole Grain Life Cereal Oranges *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Soy Pockets **Cheese Sandwiches Large Hard Boiled Eggs Carrots ** Mixed Vegetables Pears *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>String Cheese Peaches Water</p>	<p>26 Breakfast</p> <p>Whole Grain English Muffins Bananas *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Diced Ham & Baked Beans 100% Whole Wheat Bread String Cheese Sticks Bananas *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cheese It Crackers Cheese Slices Water</p>	<p>27 Breakfast</p> <p>Whole Grain Rice Krispies Oranges *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Yogurt Tossed Salad w/Dressing **Carrots Whole Grain Crackers Mozzarella Cheese Sticks /Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cinnamon Crisp Bites Applesauce Water</p>	<p>28</p> <p>ALL LVCC CENTERS ARE CLOSED</p>	<p>29</p> <p>ALL LVCC CENTERS ARE CLOSED</p>