

November BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Apple * (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Blueberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange Slices * (1 c) Milk (8oz)
6	7	8	9	10
Pancake (2 oz) Turkey Sausage (1 oz) Guava & Pineapple (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Applesauce (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Peaches (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	NO SCHOOL VETERANS DAY
13	14	15	16	17
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Apple * (1 c) Milk (8oz)
20	21	22	23	24
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Watermelon * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Applesauce (1 c) Milk (8oz)	NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK
27	28	29	30	
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Apple * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisburg Dairy, PA

November LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Chicken Tenders (2 oz) Brown Rice (yellowrecipe) (1 c) Sliced Carrots (1 c) Fresh Honeydew melon * (1 c) Milk (6 oz)	Pizza Sub (1 c) Mozzarella Cheese (2 oz) Pizza Sauce (1/4 c) Whole Wheat Sub Roll (2 oz) Potato Wedges (3/4 c) Fresh Cantaloupe * (1/4 c) Milk (6 oz)	Turkey Burger (2 oz) Baked Beans (Veggie) (1 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
6	7	8	9	10
Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Baked Chicken (2 oz) Mashed Sweet Potatoes (1/2 c) Corn (1/2 c) Fresh Watermelon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Slice (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Honeydew melon * (1 c) Milk (8 oz)	Chicken Patty Sandwich (2 oz) Lettuce & Tomato (1/4 c) Curried Chick Peas (3/4 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	SCHOOL CLOSED VETERANS DAY
13	14	15	16	17
Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Broccoli (1/2 c) Guava & Pineapple (1 c) Milk (8oz)	Fajita Chicken (2 oz) Brown Rice (yellowrecipe) (1 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/4 c) Black Beans (1/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1 oz) Whole Grain Wheat Bread (2 slice) Fresh Honeydew melon * (1 c) Milk (8 oz)	Lemon Curry Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Curried Chick Peas (3/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Hamburger (3 oz) Lettuce & Tomato (1/4 c) Corn (3/4 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
20	21	22	23	24
Taco Bowl w/Ground Turkey (2 oz) Dice Tom & Tomato Sauce (1/2 c) Mexican Brown Rice (1 c) Black Bean & Corn Salsa (1/2 c) Pineapple Chunks (1 c) Milk (8 oz)	Open Faced Turkey Sand. (2 oz) Mashed Sweet Potatoes (1/2 c) Green Beans (1/2 c) Cranberry Sauce (1 c) Turkey Gravy (2 oz) Whole Grain Wheat Bread (2 slice) Milk (8 oz)	SCHOOL CLOSED THANKSGIVING BREAK	SCHOOL CLOSED THANKSGIVING BREAK	SCHOOL CLOSED THANKSGIVING BREAK
27	28	29	30	
Sloppy Joe (1 c) with Ground Turkey (2 oz) Tomato Joe Sauce (1/2 c) Green Beans (1/2 c) Mandarin Orange Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	BBQ Chicken Sandwich (2 oz) Baked Beans (Veggie) (1 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)	Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Green Peas (1 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	

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Harrisberg Dairy, PA

Bowie Produce, Landover MD