

November



HORIZON EDUCATION CENTERS

Nov-24

					1
					Beef Patty, American Cheese, WG Burger Bun, Tator Tots, Fresh Banana (1/2) with Milk
4	5	6	7	8	
Cheeseburger Casserole, (Seasoned Beef, Elbows, Cheddar Cheese) Romaine Salad, Mango Applesauce, with Milk	Grilled Chicken, WG Alfredo Noodles, Spinach, Diced Pears, with Milk	Sloppy Joe Meat (1 1/2 oz. Ground Beef, 1 oz. Tomato Sauce), WG Bun, Italian Green Beans, Mandarin Orange with Milk	Teriyaki Chicken Thighs, Brown Rice, Broccoli and Carrots, Pineapple Tidbits, with Milk	Sliced Turkey and Gravy, WG Cornbread Stuffing, Roasted Sweet Potatoes, Fresh Banana with Milk	
11	12	13	14	15	
Chicken Tenders, Bowties and Broccoli (2 oz Broccoli, 1 oz Bowties), Fresh Apple Wedges with Milk	Meatball Sub (4 Beef Meatballs with Spaghetti Sauce), WG Hot Dog Bun, Zucchini and Tomatoes, Sliced Pears, Shredded Mozzarella with Milk	Macaroni and Cheese (3 oz. Cheddar Cheese Sauce, 3 oz WG Elbow Macaroni), Green Beans, Fresh Melon, with Milk	Meatloaf and Gravy, WG Roll, Mashed Potatoes, Sliced Peaches with Milk	Turkey Cheese Sandwich, WG Wheat Bread, Romaine Salad, Fresh Banana with Milk	
18	19	20	21	22	
Chicken Noodle Casserole (3/4 cup) (2 oz Chicken, 1 oz Noodles), Cooked Baby Carrot, Fresh Apple Wedges with Milk	Beef Taco Meat (Seasoned Ground Beef), Shredded Lettuce/Cheese, Mexicorn, Pineapple Tidbits, WG Flour Tortilla, Taco Sauce with Milk	Grilled Chicken Breast, WG Wheat Roll, Mashed Potatoes, Mandarin Oranges with Milk	Beef and Chicken Meatballs, WG Pasta and Sauce, Zucchini, Fresh Melon with Milk	Adobo Chicken, WG Cilantro Lime Rice, Black Beans, Fresh Bananas (1/2) with Milk	
25	26	27	28	29	
Chicken Nuggets, WG Spinach Garlic Noodles, Baby Carrots, Fresh Apple Wedges, with Milk	Orange Chicken (2 oz Chicken, 1 oz Sauce) WG Brown Rice, Broccoli, Pineapple Tibits with Milk	Meatball Stroganoff (4 beef meatballs, 1 oz sauce), Egg Noodles, Peas, Fresh Melon with Milk			

	1 & 2 Years	3-5 Years	6-12 Years
Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.
Grains Breads Pasta Noodles	1/2 oz. eq ²	1/2 oz. eq ²	1 oz. eq ²
Fruit	1/8 c	1/4 c.	1/4 c.
Vegetable	1/8 c	1/4 c.	1/2 c.
Milk, fluid	1/2 c	3/4 c	1 c

