Kids Café November 2019

Choice of *unflavored* 1% milk or unflavored fat-free

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Burrito (Beef, Cheese, 100% WG Tortilla) Mixed Vegetables Fresh Fruit (Orange/ Tangerine/ Mandarin) Milk
4 Chicken Fiesta Bowl (Cheddar Jack, WG Brown Rice, Fajita Chicken, Peppers, Onions) Apple Milk	**5** Philly Cheesesteak Mac & Cheese (Philly Steak Mix, WG Pasta, Cheese Sauce) Green Beans Pineapple Cup Milk	**6** Grilled Chicken Wrap (100% WG Tortilla, Tomato, Spinach, Shredded Cheese) Banana Milk	**7** Swedish Meatballs Mashed Potatoes 100% WG Roll 100% Juice Milk	**8** Chicken & Waffles (WG Waffles, Chicken Tenders) Greens w/ beans Fresh Fruit (Orange/ Tangerine/ Mandarin) Milk
11 Mac & Cheese w/ Chicken (WG Pasta, Diced Chicken) Green beans Apple Milk	**12** Burrito (Beef, Cheese, 100% WG Tortilla) Black Beans & Corn Mixed Fruit Cup Milk	**13** Chicken Parmesan (Marinara, 100% WG Pasta Mozzarella cheese) Banana Milk	**14** Turkey Taco Nachos (Turkey Taco Meat, Cheddar cheese,) Mexican Corn Salsa 100% WG Tortilla Chips 100% Juice Milk	**15** Pizza pasta w/turkey peperoni (100% WG Pasta, Pepperoni, Mozzarella Cheese, Marinara) Fresh Fruit (Orange/ Tangerine/ Mandarin) Milk
18 Chicken & Waffles (WGR Waffles, Chicken Tenders) Green Peas Apple Milk	**19** Chicken Nuggets Steamed Carrots Tropical Fruit Cup Milk 100% WG Bread (for non-snack sites)	**20** Pasta Chicken Primavera (WG Pasta, Grilled Chicken, Cream of Veggies) Banana Milk	**21** Sweet & Sour Meatballs (Meatballs Chicken) Fresh Steamed Broccoli WG Brown Rice 100% Fruit Juice Milk	**22** WG Chicken tenders (100% WGR Breading) Sweet Potatoes Fresh Fruit (Orange/ Tangerine/ Mandarin) Milk 100% WG Bread (for non-snack sites)
25 Philly Cheese Steak Mac and Cheese (WG Pasta, Peppers, Onions) Green Beans Apple Milk	**26** Tex-Mex Bowl (Turkey Meat, WG Brown Rice, Monterey Jack, Cheddar Cheese, Black Bean, Corn) Mixed Fruit Cup Milk	**27** Chicken and Swiss Sandwich Roasted Potatoes Banana 100% WG Bun Milk	**28** HOLIDAY CLOSED	**29** HOLIDAY CLOSED

Kids Café

November 2019

Choice of *unflavored* 1% milk or unflavored fat-free

Monday	Tuesday	Wednesday	Thursday	Friday
				1 WGR Goldfish Cheddar 100% Fruit juice
4 WG Goldfish crackers Milk	**5** WG Sunchip original 100% Fruit juice	**6** WG Pretzels 100% Fruit juice	**7** WG Goldfish Grams 1oz WGR Milk	**8** Tortilla chips WG 100% Fruit juice
11 Blueberry muffin Milk	**12** WG Cheezit 100% Fruit juice	**13** Apple Mozzarella cheese stick 1oz	**14** 100% Whole grain Banana Muffins Milk	**15** WGR Goldfish Cheddar 1oz 100% Fruit juice
18 WG Goldfish crackers Milk	**19** WG Sunchip Salsa 100% Fruit juice	**20** WG Pretzels 100% Fruit juice 6.75oz	**21** WG Goldfish Grams 1oz WGR bar Milk	**22** Tortilla chips WG 100% Fruit juice
25 Blueberry muffin Milk	**26** WG Cheezit 100% Fruit juice	**27** Apple Mozzarella cheese stick	**28** **HOLIDAY CLOSED**	**29** **HOLIDAY CLOSED**