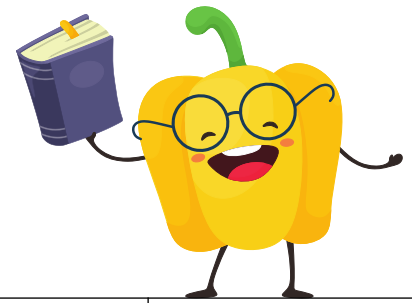


# PRESCHOOL LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday	<p><b>November 2023</b></p> <p><b>What is a Pre-School Lunch?</b></p> <p>CACFP Minimum Requirement</p> <p>Meat or Meat Alternative (1.5 oz)</p> <p>Whole Grain (0.5 oz)</p> <p>Fruit (1/4 cup)</p> <p>Vegetable (1/4 cup)</p> <p>Unflavored 1% Milk (Minimum 6 oz)</p> <p>All grains are "whole grain".</p> <p><i>Menu is subject to change based on product availability</i></p>  <p>USDA is an equal opportunity provider and employer.</p> <p><b>Jenny Johns</b> General Manager</p> <p><b>Jean Viglione</b> Registered Dietitian</p> <p><b>Jess Kremer</b> Chef Manager</p> <p><b>Shawn Leh</b> Chef Manager</p> <p><b>Phone</b> 814-874-6885</p>
		<b>November 1</b>	<b>November 2</b>	<b>November 3</b>	
		Meatballs Pasta w/sauce Garbanzo Beans Applesauce 1% Unflavored Milk	Sweet & Sour Chicken Fried Rice Broccoli Pineapple Tidbits 1% Unflavored Milk	PB&J Uncrustable Cheese Stick Yellow Beans Diced Peaches 1% Unflavored Milk	
<b>November 6</b>	<b>November 7</b>	<b>November 8</b>	<b>November 9</b>	<b>November 10</b>	
Chicken Tenders Green Pepper Strips Applesauce 1% Unflavored Milk	No School	French Toast Sticks Pork Sausage Links Sweet Potato Home Fries Diced Pears 1% Unflavored Milk 	Popcorn Chicken Mashed Potatoes & Gravy ½ Banana 1% Unflavored Milk	Pizza Bagels Broccoli Mandarin Oranges 1% Unflavored Milk	
<b>November 13</b>	<b>November 14</b>	<b>November 15</b>	<b>November 16</b>	<b>November 17</b>	
Strawberry Yogurt Cheese Stick Soft Pretzel Garbanzo Beans Orange Smiles 1% Unflavored Milk	BBQ Boneless Wings Chilled Green Peas ½ Banana 1% Unflavored Milk	Fall Fest Turkey Roast w/Gravy Mashed Potatoes w/Gravy Corn Frozen Fruit Ice 1% Unflavored Milk	Taco Pizza Red Pepper Strips Diced Peaches 1% Unflavored Milk	Fish Sticks Cucumbers Pineapple Tidbits 1% Unflavored Milk	
<b>November 20</b>	<b>November 21</b>	<b>November 22</b>	<b>November 23</b>	<b>November 24</b>	
No School	No School	No School	No School  Thanksgiving	No School	
<b>November 27</b>	<b>November 28</b>	<b>November 29</b>	<b>November 30</b>		
No School	Soft Shell Beef Taco Red Pepper Strips Diced Pears 1% Unflavored Milk	Butter Chicken Whole Grain Flat Bread Strawberry Spinach Salad Orange Smiles 1% Unflavored Milk	Pancakes Pork Sausage Links Tater Triangle ½ Banana 1% Unflavored Milk 		