

SUPPER MEALS - November 2018

Kit provides: 2 oz M/MA, 1 oz WGR, & 1/2 c F or V = COMPLETE SUPPER

OVS= 8 oz milk & 1/2 c vegetables

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 29- Nov 2	Cinnamon Toast Crunch & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Turkey Ham Croissant Sandwich with Juice	Yummy Chillin' Pepperoni Pizza!	Nature Valley Cinnamon Crisps, Vanilla Yogurt & Roasted Seeds
Recipe #	S13237	S15204	S15834		
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	Pepperoni Pizza (D,S,W)(38g)	4 oz vanilla yogurt (D)(20g) Salted Sunflower Seeds (4g)
Grain	Cinnamon Toast Crunch Bowl (S,W)(22g)				Cinnamon Crisps (D,S,W)(25g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Apple Slices (8g)	Mango Swirl Juice (13g)	Applesauce cup (14g)
Cond					
Utensils	spoon				spoon
total items:	5	3	2	2	5
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)			Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)
<small>servng day</small>	1	2	3	4	5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 5-9	Frosted Mini Wheats & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Cinnamon Elf Grahams, Vanilla Yogurt, & Colby Jack Cheese	Turkey & Colby Jack Cheese with Jalapeno Cheese Puffs & Craisins	Peanutbutter Cup & Heartzels, Cheese Cubes & Apple Slices
Recipe #	S15369	S15204			S15573
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) Colby Jack Cheese (D)(0g)	1 Turkey slice (cut in 1/4's) (0 g) Colby Jack Cheese (D)(0g)	Peanutbutter Cup (P)(8g) Cheddar Cubes (D)(0g)
Grain	Cinnamon Toast Crunch Bowl (S,W)(22g)		Cinn. Elf Grahams (S,W)(21g)	Jalapeno Cheese Puffs (D)(15 g)	Heartzel Pretzels (W)(15g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Fresh Fruit (12g)	Craisins (28 g)	Apple Slices (8 g)
Cond					
Utensils	spoon		spoon		spoon
total items:	4	3	5	4	5
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)				Ranch (D,E,W)
<small>servng day</small>	4	7	8	9	10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 12-16	Holiday	Cinnamon Chex & Yogurt & Seeds & Dried Cranberries	Kelloggs Crunch Mania, Vanilla Yogurt, & Cheese	Yummy Chillin' Pepperoni Pizza!	Tuna Cup, Tortilla Chips & Craisins
Recipe #					S15831
M/MA (2 oz)		Strawberry Yoplait Go Big Yogurt tube (D) (18g)	4 oz vanilla yogurt (D)(20g) String Cheese (D)(1g)	Pepperoni Pizza (D,S,W)(38g)	Tuna cup (F)(0g)
Grain		Cinnamon Chex Bowl (23g)	Crunch Mania (D,S,W)(37 g)		1.5 oz Tortilla chips (23g)
Fruit or Veg 1/2 cup		Dried Cranberries with Seeds (39g)	Craisins (28 g)	Mango Swirl Juice (13g)	Craisins (28g)
Cond					Mayo (E,S)(1g)
Utensils		spoon	spoon		fork
total items:		3	5	3	5
Items provided by site:					
Veg (1/2 c)		Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)		1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments			Ranch (D,E,W)	Ranch (D,E,W)	
<small>servng day</small>	11	12	13	14	15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 19-23	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
Recipe #					
M/MA (2 oz)					
Grain					
Fruit or Veg 1/2 cup					
Cond					
Utensils					
total items:					
Items provided by site:					
Veg (1/2 c)					
Milk (8 oz)					
Condiments					
<small>servng day</small>	16	17	18	19	20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 26-30	Cinnamon Toast Crunch & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Nature Valley Cinnamon Crisps, Vanilla Yogurt & Roasted Seeds	Sunbutter Grape Sandwich	Peanutbutter Cup, Colby Jack Cheese, & Mini Bagel & Applesauce cup
Recipe #	S15369	S15204		S15597	
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) Salted Sunflower Seeds (4g)	Sunbutter Sandwich (33g)(S, W)	Peanutbutter Cup (P) (8 g) Colby Jack Cheese (D)(0g)
Grain	Cinnamon Toast Crunch Bowl (S,W)(22g)		Cinnamon Crisps (D,S,W)(25g)	String Cheese (D)(1g)	Mini Bagel (W)(15 g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Applesauce cup (14g)	Mango Swirl Juice (13g)	Applesauce cup (14g)
Cond					
Utensils	spoon				spoon
total items:	4	3	2	2	5
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)		Ranch (D,E,W), mayo, mustard	Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)
<small>servng day</small>	21	22	23	24	25