

# November 2021 - Breakfast Head Start and Pre K

An assortment of milk is offered daily to include 1% or skim unflavored Milk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>W1</b>  <b>Available Cereal Options</b> <b>D 0032, D 0045, D 0055</b>	1 WGR Beef Maple Sausage Sandwich (2G) <b>E 0025B</b> Applesauce Cups (½ c. Fruit) <b>F 0007</b> 1% low-fat white milk <b>M 0002</b>	2 Oatmeal (1G) <b>E 0174B</b> Offered w/ WGR Toast (1G) <b>D 0005</b> Apple Slices (½ c. Fruit) <b>F 0004</b> 1% low-fat white milk <b>M 0002</b>	3 Vanilla Yogurt Cup w/ WGR Cinnamon Granola (2G) <b>E 0038/D 0068</b> Frozen Strawberry Cup (1/2 c. Fruit) <b>F 0027</b> 1% low-fat white milk <b>M 0002</b>	4 WGR Cheerios Cereal (1G) <b>D 0055</b> w/ WGR Toast (1G) <b>D 0005</b> Frozen Peaches (1/2 c Fruit) <b>F 0026</b> 1% low-fat white milk <b>M 0002</b>	5 WGR Mini Cheese Pizza Bagels (2G) <b>E 0263L</b> Orange Wedges (1/2c Fruit) <b>F 0020/CK</b> 1% low-fat white milk <b>M 0002</b>
<b>W2</b>  <b>Available Cereal Options</b> <b>D 0032, D 0045, D 0055</b>	8 WGR Rice Chex Cereal (1G) <b>D 0032</b> w/ WGR Toast (1G) <b>D 0005</b> Applesauce (½ c. Fruit) <b>F 0007</b> 1% low-fat white milk <b>M 0002</b>	9 WGR Mini Breakfast Bagels with Cream Cheese (2G) <b>D 0065/ C 0001</b> Apple Slices (1/2 c Fruit) <b>F 0004</b> 1% low-fat white milk <b>M 0002</b>	10 WGR Mini Blueberry Pancakes (2G) <b>D 0034</b> Frozen Strawberry Cup (1/2 c. Fruit) <b>F 0027</b> 1% low-fat white milk <b>M 0002</b>	11 WGR Chicken N' Mini Belgium Waffle (2G) <b>E 0358 – ES</b> Frozen Peaches (1/2 c Fruit) <b>F 0026</b> 1% low-fat white milk <b>M 0002</b>	12 Yogurt Cup w/ WGR Cinnamon Granola (2G) <b>E 0038/D 0068</b> Orange Wedges (1/2c Fruit) <b>F 0020/CK</b> 1% low-fat white milk <b>M 0002</b>
<b>W3</b>  <b>Available Cereal Options</b> <b>D 0032, D 0045, D 0055</b>	15 WGR Beef Maple Sausage Sandwich (2G) <b>E 0025B</b> Applesauce (½ c. Fruit) <b>F 0007</b> 1% low-fat white milk <b>M 0002</b>	16 WGR Cheerios Cereal (1G) <b>D 0055</b> w/ WGR Toast (1G) <b>D 0005</b> Apple Slices (1/2 c Fruit) <b>F 0004</b> 1% low-fat white milk <b>M 0002</b>	17 WGR Turkey Ham & Cheese Calzone (2G) <b>E 0290L</b> Frozen Strawberry (1/2c Fruit) <b>F 0027</b> 1% low-fat white milk <b>M 0002</b>	18 Overnight Oats w/ WGR Cinnamon Granola (2G) <b>E 0521B/CK</b> Frozen Peaches (1/2 c Fruit) <b>F 0026</b> 1% low-fat white milk <b>M 0002</b>	19 WGR Mini Cheese Pizza Bagels (2G) <b>E 0263L</b> Orange Wedges (1/2 c Fruit) <b>F 0020/CK</b> 1% low-fat white milk <b>M 0002</b>
<b>W4</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>W1</b>  <b>Available Cereal Options</b> <b>D 0032, D 0045, D 0055</b>	29 WGR Beef Maple Sausage Sandwich (2G) <b>E 0025B</b> Applesauce Cups (½ c. Fruit) <b>F 0007</b> 1% low-fat white milk <b>M 0002</b>	30 Oatmeal (1G) <b>E 0174B</b> Offered w/ WGR Toast (1G) <b>D 0005</b> Apple Slices (½ c. Fruit) <b>F 0004</b> 1% low-fat white milk <b>M 0002</b>	1-Dic. Vanilla Yogurt Cup w/ WGR Cinnamon Granola (2G) <b>E 0038/D 0068</b> Frozen Strawberry Cup (1/2 c. Fruit) <b>F 0027</b> 1% low-fat white milk <b>M 0002</b>	2-Dic. WGR Cheerios Cereal (1G) <b>D 0055</b> w/ WGR Toast (1G) <b>D 0005</b> Frozen Peaches (1/2 c Fruit) <b>F 0026</b> 1% low-fat white milk <b>M 0002</b>	3-Dic. WGR Mini Cheese Pizza Bagels (2G) <b>E 0263L</b> Orange Wedges (1/2c Fruit) <b>F 0020/CK</b> 1% low-fat white milk <b>M 0002</b>

*Cereal bars/granola bars are not permissible for the PreK/Head Start Student. 1oz cereals must not exceed 6g sugar/serving. 4oz yogurt must not exceed 15g sugar/serving. Only offer cinnamon granola in the parfaits; chocolate is not permissible.*

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# OCPS Head Start and Pre-K School Lunch Menu November 2021

An assortment of milk is offered daily to include 1% or skim unflavored Milk

	Monday	Tuesday	Wednesday	Thursday	Friday	4
	1	2	3 -	4 – Breakfast for Lunch – Grapefruit!	5	
<b>W1</b>	WGR Cheese PizzaBoli (2M, 2G) E 0530L Italian Blend Vegetables (½ c.) B 0001 Apple Slices (½ c. fruit) F 0004 1% Low-fat White Milk M 0002	WGR Turkey & American Sub (2M, 2G) E 0531L Lettuce & Tomato Cup (½ c. other, ¼ c. tomatoes) B 0053 Strawberry Cup (½ c. fruit) F 0027 1% Low-fat White Milk M 0002	WGR Rotini w/ Meat Sauce (2M,1G) E 0028L WGR Bread Stick (2M, 2G) D 0113 Tomato & Cucumber Salad (½c. other) B 0230L Mixed Fruit Cup (½ c. fruit) F 0031 1% Low-fat White Milk M 0002	WGR Glazed French Toast Sticks w/ Colby Egg Omelet & Turkey Bacon (2M,2G) E 0163L Emoji Smiles (½ c. starchy) B 0058 Grapefruit (½ c. fruit) F 0067 1% Low-fat White Milk M 0002	WGR Twisted Garlic French Bread/ Garlic Cheese French Pizza (2M, 2G) E 0134L / E 0130L Marinara Sauce B 0090/ B 0037 Mixed Fruit Cup (½ c. fruit) F 0031 1% Low-fat White Milk M 0002	
	8	9	10	11-Harvest of the Month – Corn/Satsuma!	12 – World Food Day!- Monthly Harvest	
<b>W2</b>	WGR Breaded Mozzarella Sticks (2M, 2G) E 0320L Marinara Sauce (½ c. red/orange) B 0090/ B 0037 Tangerine (½ c. fruit) F 0045 1% Low-fat White Milk M 0002	WGR Fiesta Nachos (2M, 2G) E 0547L Salsa Dipping Cup (½ c. red/orange) B 0072 Apple Slices (½ c. fruit) F 0004 1% Low-fat White Milk M 0002 PreK: No Chips; give WGR Garlic Stick E 0555L	BBQ or Mandarin Roasted Chicken Leg (2M) E 0067L/E 0310L ½ c. White Rice (1G) D 0087 Black Beans (½ c.) B 0071/ B 0070 Mixed Fruit (½ c. fruit) F 0031 1% Low-fat White Milk M 0002	WGR Chicken Nuggets (2M, 1G) E 0055L Corn Cobbs ( ½ c. Starch) B 0035 Satsuma Orange Wedges (½ c. fruit) F 0043 1% Low-fat White Milk M 0002	Penne Pasta Bake (2M,1G) E 0218L Garlic Spinach (½ c. green) B 0014 SS Peach Cup (½ c. fruit) F 0025 1% Low-fat White Milk M 0002	
	15	16	17	18 - Holiday Meal	19	
<b>W3</b>	WGR Macaroni & Cheese (2M,1G) E 0089L Italian Blend Vegetables (½ c. other) B 0001 Frozen Mixed Berry Cup (½ c. fruit) F 0073 1% Low-fat White Milk M 0002	WGR Chicken Tenders w/ WGR Brazilian Bun (2M,2G) E 0061/D 0090 Fresh Steamed Broccoli/ Broccoli Dippers (½ c. green) B 0060/B 0022 SS Peach Cup (½ c. fruit) F 0025 1% Low-fat White Milk M 0002 PreK: Offer Steamed Broccoli B0060	WGR BBQ Chicken Wrap (2M, 2G) E 0317L Sweet Potato Waffle Fries (½ c. red/orange) B 0042 Satsuma Orange Wedges (½ c. fruit) F 0043 1% Low-fat White Milk M 0002	VIP Holiday Turkey w/ Gravy (2M) E 0058/C 0017 WGR Dinner Rolls (1G) D 0007 Mashed Potatoes (½ c.) B 0049 Banana (½ c. fruit) F 0022 1% Low-fat White Milk M 0002	WGR The Max Cheese Pizza Slice (2M, 2G) E 0477L Lettuce & Tomato Cup B 0053 (½ c. other, ¼ c. red/Orange) Applesauce Cup (½ c. fruit) F 0007 1% Low-fat White Milk M 0002	
	22	23	24	25	26	
	29	30	1-Dic	2-Breakfast for Lunch!	3	
<b>W1</b>	WGR Cheese PizzaBoli (2M, 2G) E 0530L Italian Blend Vegetables (½ c.) B 0001 Apple Slices (½ c. fruit) F 0004 1% Low-fat White Milk M 0002	WGR Turkey & American Sub (2M, 2G) E 0531L Lettuce & Tomato Cup (½ c. other, ¼ c. tomatoes) B 0053 Strawberry Cup (½ c. fruit) F 0027 1% Low-fat White Milk M 0002	WGR Rotini w/ Meat Sauce (2M,1G) E 0028L WGR Bread Stick (2M, 2G) D 0113 Tomato & Cucumber Salad (½c. other) B 0230L Mixed Fruit Cup (½ c. fruit) F 0031 1% Low-fat White Milk M 0002	WGR Glazed French Toast Sticks w/ Colby Egg Omelet & Turkey Bacon (2M,2G) E 0163L Emoji Smiles (½ c. starchy) B 0058 Grapefruit (½ c. fruit) F 0067 1% Low-fat White Milk M 0002	WGR Twisted Garlic French Bread/ Garlic Cheese French Pizza (2M, 2G) E 0134L / E 0130L Glazed Carrots (½ c. red/orange) B 0126 Mixed Fruit Cup (½ c. fruit) F 0031 1% Low-fat White Milk M 0002	

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