



# ACC November Menu 2017

**Yellow = Infant "Soft Food" Alternative**

Fruits & Vegetables of the Month: Apricot, Cranberries, Cabbage, Pumpkin

Indicated Daily Required Whole Grain Component



			1	2	3
			Krispy Rice Cereal Banana  <b>Turkey Hot Dog on Whole Grain Bun</b> , Baked Beans, Melon Cubes  Apple Slices Cheese Cubes	<b>Pumpkin</b> Muffin Bread Pears  <b>Whole Wheat Spaghetti &amp; Meatballs</b> , Green Salad, Canned Fruit  Cucumber Coins Hummus	Cinnamon Raisin Bagel w/ Cream Cheese Canned <b>Apricots</b>  <b>Bean &amp; Cheese Burrito in a Whole Wheat Tortilla</b> , Applesauce, Latin <b>Cabbage</b> & Corn Salad  Animal Crackers Fresh Fruit Salad
6	7	8	9	10	
<b>Whole Wheat Biscuit w/ Apricot Preserves</b> Pears  <b>Chicken Potstickers</b> , Mandarin <b>Cabbage</b> Salad, Pineapple  <b>Whole Grain Wheat Thins/Toasted Oat Cereal</b> String Cheese Stick	<b>Spiced Oatmeal</b> Berries  <b>Macaroni &amp; Cheese w/ Edamame</b> , Green Peas, Apple Slices  <b>Whole Wheat Pita</b> White Bean Hummus	Corn Flakes Cereal Banana  <b>Teriyaki Chicken, Whole Grain Brown Rice</b> , Steamed Asian Vegetables, Mandarin Oranges  <b>Pumpkin</b> Spice Yogurt Granola	Orange <b>Cranberry</b> Muffins Melon Cubes  <b>Whole Wheat Quesadillas w/ Chicken &amp; Cheese</b> , Corn & Bean Salad, Grapes  Tortilla Chips & Salsa <b>Pita Bread &amp; Mashed Avocado</b>	  <b>Veterans Day</b>  <b>ACC CLOSED</b>	
13	14	15	16	17	
<b>Whole Wheat Bagel w/ Cream Cheese</b> Applesauce  <b>Chicken Drumstick</b> , Salad w/ <b>Cranberries</b> & <b>Pumpkin</b> Seeds, Vegetable, Breadstick  <b>Whole Grain Goldfish Crackers</b> Peaches	Waffle w/ Syrup Banana  <b>Breaded Chicken Fingers w/ BBQ</b> , Cut Corn, Grapes, <b>Whole Wheat Dinner Roll</b>  Chex Mix Pineapple	Cinnamon Raisin Bread Pears  <b>Orange Chicken, Brown Rice</b> , Steamed Vegetables, Mandarin Oranges  Cheese Slices Ritz Crackers	<b>Whole Wheat Carrot Bread</b> Melon Cubes  <b>Beef Soft Tacos w/ Cheese</b> , Tomato & Lettuce, Carrot Sticks, <b>Cucumber Coins</b>  <b>Whole Grain Graham Crackers</b> Canned Fruit	<b>Toasted Oat Cereal</b> Fresh Fruit Salad  <b>Chicken Pozole w/ Cilantro, Onions &amp; Cabbage</b> , Tortilla Chips, Apple Slices  <b>Whole Grain Rice Cake</b> Berry Yogurt	
20	21	22	23	24	
<b>Whole Grain Rice Chex</b> <b>Canned Apricots</b>  <b>Pesto Cheese Ravioli w/ White Beans</b> , Green Salad, Tangerine  <b>Whole Wheat Pita</b> Hummus	Cheesy Grits Banana  <b>Whole Wheat Penne Pasta w/ Tomatoes &amp; Basil</b> , Roasted Broccoli, Melon Cubes  Sunflower Butter Ritz Crackers	<b>Whole Grain Honey Lemon Loaf</b> Berries  <b>Breaded Pork Patty</b> , Breadstick, Green Beans, Peaches  Fruit Salad <b>Whole Grain Snack</b>	<b>ACC CLOSED</b>  	<b>ACC CLOSED</b>  	
27	28	29	30		
Krispy Rice Cereal Fruit Cup  <b>Hamburger on Whole Grain Bun</b> , Sweet Potato Puffs, Peaches  Cheesy Crackers Carrot Sticks	Crepe Baked Spiced Apples w/ <b>Cranberries</b>  <b>Hawaiian Chicken Filling, Whole Wheat Wrap</b> , Mandarin Oranges  <b>Yogurt Parfait:</b> Vanilla Yogurt, Granola & Berries	<b>Frosted Mini Wheats</b> Tangerine  <b>Baked Ziti w/ Ground Beef</b> , Steamed Vegetables, Grapes  <b>Dried Apricots/Canned Apricots</b> <b>Whole Grain Chex Mix</b>	<b>Pumpkin Cranberry</b> Muffin Bread Pears  <b>Southwest Black Bean Bowl:</b> Black Beans & <b>Whole Grain Brown Rice</b> , Shredded Cheese, Southwest Cut Corn & Salsa  Pretzels Applesauce		