



ACC November Menu 2018
Yellow = Infant "Soft Food" Alternative
Indicated Daily Required Whole Grain Component



Fruits & Vegetables of the Month: Plum, Pomegranates, Sweet Potato, Zucchini

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						WW Biscuit w/ Apple Butter Canned Fruit Salad WG Baked Ziti , Green Peas, Apricot Halves Animal Crackers Plum		WG Pancake w/ Syrup Fresh Fruit Salad Tortellini Pasta Salad w/ Peppers & White Beans, Grapes WG Rice Cake Sunflower Butter	
5		6		7		8		9	
Corn Flakes Fruit Cup WG Hot Dog Bun , Sliced Turkey Hot Dog Sweet Potato Puffs , Green Salad w/ Ranch Dressing Pretzels Pears		Crepe, Berries & Spiced Yogurt Chickepea Curry , WG Brown Rice , Roasted Zucchini , Apricot Halves Tortilla Chips/ Pita Bread Black Bean Dip		WG Toasted Oat Cereal Melon Cubes Spaghetti & Beef Meatballs , Cucumber Coins, Plum WG Goldfish Crackers Grapes		WW Bagel w/ Cream Cheese Fresh Fruit Salad Chicken & Cheese Enchilada , Black Beans, Pineapple Chunks WG Granola Berry Yogurt		Hard-Boiled Egg Hash Brown Patty w/ Ketchup Pomegranate Chicken Salad , WW Pita Pocket , Orange Wedges, Carrot Sticks/ Canned Fruit Bell Pepper Strips Hummus	
12		13		14		15		16	
Veteran's Day No School		WG Rice Chex Cereal Fruit Cup Chicken Potstickers , Shelled Edamame, Mandarin Oranges WG Wheat Thin Crackers / WW Pita Plums		WG Honey Lemon Loaf Pears Sweet Three-Bean Chili , WW Roll , Apple Slices, Egg Salad Ritz Crackers		Krispy Rice Cereal Melon Cubes WW Mac & Cheese w/ Diced Ham , Steamed Vegetable, Arugula Salad w/ Pomegranate Seeds & Raspberry Dressing Canned Fruit Salad Animal Crackers		WG Spiced Oatmeal Banana Minestrone Pasta Salad , Cucumber Coins WG Goldfish Crackers Fresh Fruit Salad	
19		20		21		22		23	
WG Frosted Mini Wheats Peaches Chicken Fingers w/ BBQ Sauce , WW Dinner Roll , Roasted Broccoli, Mandarin Oranges Chex Mix Applesauce		Cinnamon Raisin Bagel w/ Cream Cheese Pears Orange Chicken , WG Brown Rice , Vegetable, Melon Cubes Assorted Snacks Cheese Cubes or Slices		4oz Yogurt Cups Banana WW Cheese Quesadillas w/ Salsa , Steamed Zucchini , Pineapple Chunks Deli Turkey Dinner		Thanksgiving Day		No School	
26		27		28		29		30	
Cheesy Grits Fruit Cup Build-Your-Own: WW Bean & Cheese Burrito , Latin Cabbage Salad, Plum Ritz Crackers Sunflower Butter		WG French Toast Sticks Peaches Sweet Potato Quinoa Salad , Cheese Cubes, Pears WG Goldfish Crackers Cucumber Coins		Mini Bagel w/ Cream Cheese Melon Cubes Chicken Teriyaki , WG Brown Rice , Steamed Vegetable, ½ Banana Cheese Stick Apple Slices		Cinnamon Raisin Bread Canned Fruit Salad Pork Patty , Grilled Zucchini Coins , Pineapple Chunks, WW Dinner Roll Graham Crackers Homemade Banana Pudding		Low-Sugar Cereal Fresh Fruit Salad NEW - WG Chow Mein Noodles w/ Edamame and Carrots, Mandarin Oranges, Green Salad w/ Miso Dressing Raw Zucchini Sticks Cheesy Crackers	