



ACC November Menu 2019

Aqua = Infant "Soft Food" Alternative

Indicated Daily Required Whole Grain Component

Fruits & Vegetables of the Month: Persimmon & Carrot



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<p>Spiced Oatmeal, Apricot Halves, Milk</p> <p>WW Hawaiian Chicken Wrap: Chicken Filling, w/ broccoli & carrots, WW Tortilla, Cucumber Coins, Milk</p> <p>Low-Sugar Snacks, Applesauce</p>									

4		5		6		7		8	
<p>Krispy Rice Cereal, Pears, Milk</p> <p>WG Hamburger Bun, Beef Patty, Sweet Potato Puffs, Mandarin Oranges, Ketchup Packet, Milk</p> <p>Low-Sugar Snacks, Cheese Stick</p>		<p>Mini Bagel w/ Cream Cheese, Peaches, Milk</p> <p>WG Chow Mein Noodles w/ Edamame & Carrots, Mandarin Cabbage Salad, Sesame Dressing ToToss, Milk</p> <p>Ritz Crackers, Sunflower Butter</p>		<p>Cinnamon Raisin Bread, Cantaloupe Cubes, Milk</p> <p>Fish Ole, WG Brown Rice, Cooked Carrot Coins, Spinach Salad w/ Persimmons & Cranberries, Dressing to Toss, Milk</p> <p>Pretzels Grapes</p>		<p>Blueberry Muffin, Honeydew Cubes, Milk</p> <p>WG Mac & Cheese w/ Diced Ham, Green Beans, Apple Slices, Milk</p> <p>Cheesy Crackers, Orange Wedges</p>		<p>WG Pancakes, Mango Cubes, Milk</p> <p>½ Turkey & Swiss Wrap w/ Tomato & Lettuce, Banana, Milk</p> <p>WW Pita Chips/WW Pita, Hummus</p>	

11		12		13		14		15	
<p>VETERANS DAY No Lunch Service</p>		<p>Corn Flakes, Canned Pears, Milk</p> <p>WW Cheese Quesadillas, Black Beans, Pineapple Chunks, Salsa, Milk</p> <p>Ritz Crackers/Carrot Sticks, Yogurt Dip</p>		<p>Cinnamon Raisin Bagel, Canned Peaches Milk</p> <p>WW Spaghetti w/ Meat Sauce, Pineapple Chunks, Beet Persimmon Citrus Salad, Dressing to Toss, Milk</p> <p><u>Apple Sandwiches:</u> Apple Wheels, Shredded Coconut, Sunflower Butter</p>		<p>Cottage Cheese, Tropical Fruit Salad, Milk</p> <p>WG Chicken Curry, Casserole w/ Carrots, Celery & Onions, Melon Cubes, Milk</p> <p>Chex Mix, Applesauce</p>		<p>Crepe, Baked Spiced Apples & Raisins, Milk</p> <p>Tuna Salad, WW Pita Pocket, Cucumber Coins, Canned Fruit Salad, Milk</p> <p>Animal Crackers, Berry Yogurt</p>	

18		19		20		21		22	
<p>WG Frosted Mini Wheats, Pears, Milk</p> <p>Chicken Fingers, Baked Beans, Mandarin Oranges, Hawaiian Roll, BBQ Sauce, Milk</p> <p>WG Goldfish, Cheese Stick</p>		<p>Hard-Boiled Egg, Canned Apricots, Milk</p> <p>WG Bean & Cheese Pupusa, Southwest Cabbage Salad Pineapple Chunks, Dressing to Toss, Milk</p> <p>Animal Crackers, Canned Peaches</p>		<p>Yogurt Cup, Banana, Milk</p> <p>Orange Chicken, Roasted Vegetables & Carrots, Melon Cubes, WG Brown Rice, Milk</p> <p>Pretzels, Cheese Cubes</p>		<p>WW Biscuits Mango Cubes, Milk</p> <p>Not-Free Kale Pesto Tortellini, Steamed Vegetables, Grapes, Milk</p> <p>WG Graham Crackers, Apple Slices</p>		<p>Zucchini Bread Muffin, Tropical Fruit Salad, Milk</p> <p>NEW! Asian Chicken Lettuce Wraps: Chicken Filling, Butter Lettuce Leaves, Orange Wedges, WG Brown Rice, Milk</p> <p>Cheesy Crackers, Fresh Fruit Salad</p>	

25		26		27		28		29	
<p>WG Bran Flakes, Canned Pears, Milk</p> <p>Chicken Potstickers, Carrots & Edamame, Mandarin Oranges, Milk</p> <p>WG Granola, Berry Yogurt</p>		<p>WG Toasted Oat Cereal, Peaches, Milk</p> <p>Breaded Pork Patty, Carrot Salad w/ Raisins, Baked Beans, Hawaiian Roll, Milk</p> <p>WG Goldfish Crackers, Apple Slices</p>		<p>French Toast Sticks, Canned Fruit Salad, Syrup, Milk</p> <p>Edamame & Red Pepper WG Pasta Salad w/ Broccoli, Grapes, Milk</p> <p>Fresh Cut Vegetables, Beet Root Hummus</p>		<p>Happy Thanksgiving!</p>		<p>No Lunch Service</p>	

Milk is provided at Breakfast and Lunch. Whole milk for 1 year olds and Low Fat milk for 2 to 5 year olds.
This institution is an equal opportunity provider.

