

NOVEMBER MEAL MENU

November 26 – 30



CACFP Meal Requirement		26 / Mon	27 / Tues	28 / Wed	29 / Thurs	30 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Blueberries	Pears	Apple	Oranges
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Toasted O's	Sausage & Roasted Potatoes (Veggie sausage)	English Muffin with Sunbutter & Fruit Spread	Oatmeal	Corn Muffins
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Turkey and Cheese Sandwich, Bell Pepper Slices	Pasta Carbonara with Meatballs, Mushrooms and Green Peas	Chicken Shepherd's Pie with Mixed Vegetables	Beef Lo Mein with Spring Rolls	Vegetable Quesadilla with Beans, Steamed Broccoli
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg					
1/8 cup fruit	¼ cup fruit	Melon	Mixed Fruit	Peach	Pineapple	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Veggie Slices	Veggie Patty	Veggie Crumbles	Veggie Crumbles	Same
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	String Cheese	Yogurt	-	String Cheese	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Veggie Straws	Pirate Booty	Soft Pretzel	Animal Crackers	Pita
½ cup veg or fruit	½ cup veg or fruit	-	-	Mango	-	Grapes
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	Bananas	-	Cheese Cubes	-	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Aussie Bites	Grain Bar	-	Aussie Bites & Mandarins	Trail Mix
½ cup veg or fruit	½ cup veg or fruit		Apple Slices	Whole Wheat Crackers		

* Pasteurized full-strength juice may only be used to meet the vegetables or fruit requirement at one-meal, including snack, per day

** Serving sizes and food components are in accordance with USDA food guidelines for children ages 1-5. All meals are served with water and another liquid, if indicated. Parents may be required to pack substitutions for children with allergies and/or dietary restrictions.

DECEMBER MEAL MENU
December 3 – 7



CACFP Meal Requirement		3 / Mon	4 / Tues	5 / Wed	6 / Thurs	7 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Peaches	Blueberries	Mixed Fruit	Mango
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Toasted O's	Mini Bagels with Cream Cheese	Waffles	Whole Wheat Bread and Cottage Cheese	Pancakes
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
1 oz meat	1.5 oz meat	Sunbutter & Jelly on Whole Wheat, Steamed Carrots	Cheese Tortellini with Pesto, Peas and Tomatoes	Vegetable and Bean Soup with Buttermilk Biscuits	Creamy Chicken with Rice and Mixed Vegetables	Cheese Chicken Burgers with Sweet Potato Fries & Green Beans
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg					
1/8 cup fruit	¼ cup fruit	Apple Slice	Pears	Honeydew	Pineapples	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Same	Same	Veggie Patty	Same
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	-	-	Cheese Slice
½ oz meat	½ oz meat	-	-	-	-	Turkey Slice
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Grain Bar	Pita	Banana Bread	Graham Crackers	Grain Crackers
½ cup veg or fruit	½ cup veg or fruit	Clementines	Edamame		Apple Sauce	
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	String Cheese	Cheese Cubes	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Raisin Bread	Pirate Booty	-	Life Cereal	BelVita Biscuit
½ cup veg or fruit	½ cup veg or fruit	Bananas	Pineapples	Bell Pepper Slices		

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