

**NOVEMBER MEAL MENU**  
**November 12 – 16**



CACFP Meal Requirement		12 / Mon	13 / Tues	14 / Wed	15 / Thurs	16 / Fri
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>BREAKFAST</b>				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Blueberries	Peaches	Banana	Three Berry Blend	Oranges
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Life & Chex	Mini Bagels and Cream Cheese	Pancakes	English Muffin	Corn Muffins
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>LUNCH</b>				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Ham & Cheese Sandwich	Butter Noodle with Meatballs & Normandy Veggies	Taco Beans Bake with Corn	Curry Chicken with Rice & Vegetables	Cheese Pizza and Broccoli
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Zucchini & Carrot Sticks				
1/8 cup fruit	¼ cup fruit	Orange	Mixed Fruit	Mandarin	Festival Fruit	Watermelon
<b>Vegetarian Alternative</b> (served upon request only; please email office@totemlakeschool.com)		Cheese Sandwich	Veggie Sausage	Same	Veggie Crumbles	Same
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>AFTERNOON SNACK (2 of 5 components)</b>				
½ cup whole milk	¾ cup 1% milk		-	-	-	String Cheese
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Goldfish	Veggie Straws	Graham Crackers	Grain Bar	Raisin Bread
½ cup veg or fruit	½ cup veg or fruit	Grapes	Apple Slices	Apple Sauce	Orange Slices	-
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>LATE AFTERNOON SNACK (2 of 5 components)</b>				
½ cup whole milk	¾ cup 1% milk	String Cheese	Cheddar Cubes	-	Cheese slices	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Fig Bar	Belvita Biscuits	Pita	Club Crackers	Aussie Bites
½ cup veg or fruit	½ cup veg or fruit	-	-	Fruit Spread		

\* 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.

**NOVEMBER MEAL MENU**  
**November 19 – 23**



CACFP Meal Requirement		19 / Mon	20 / Tues	21 / Wed	22 / Thurs	23 / Fri			
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>BREAKFAST</b>							
½ cup whole milk	¾ cup 1% milk	☑	☑	☑					
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Orange Slices	Three Berry Blend					
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Toasted O's	English Muffin	Pancakes					
<b>Ages 1-2</b>	<b>Ages 2+</b>								
½ cup whole milk	¾ cup 1% milk						☑	☑	☑
1 oz meat	1.5 oz meat						Turkey and Cheese Sandwich, Steamed Broccoli	Chicken Rice with Mixed Vegetables	"Home"made Mac & Cheese with Broccoli
½ slice or ¼ cup grain	½ slice or ¼ cup grain								
1/8 cup veg	¼ cup veg						Apple Slice	Peaches	Mandarins
1/8 cup fruit	¼ cup fruit								
<b>Vegetarian Alternative</b> (served upon request only; please email office@totemlakeschool.com)		Veggie Slices	Veggie Crumbles	Same					
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>SCHOOL CLOSURE IN OBSERVANCE OF THANKSGIVING</b>							
½ cup whole milk	¾ cup 1% milk						String Cheese	-	-
½ oz meat	½ oz meat						-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain						Fig Newtons	Veggie Straws	Pumpkin Pie
½ cup veg or fruit	½ cup veg or fruit						-	Grapes	
<b>Ages 1-2</b>	<b>Ages 2+</b>								
½ cup whole milk	¾ cup 1% milk						-	-	Frozen Yogurt
½ oz meat	½ oz meat						-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain						Graham Crackers	Goldfish	Aussie Bites
½ cup veg or fruit	½ cup veg or fruit	Apple Sauce	Apple Slices						

\* 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.