

## CCDC's November Menu

Week of November 1-4, 2011

<i>Meals</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		11/1/11	11/2/11	11/3/11	11/4/11
<b>Breakfast</b>					
Milk	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free
Fruit/Vegetable	Pineapples	Applesauce	Pears	Tropical Fruit	Peaches
Bread/Alternate	Cheese Grits	Blueberry Muffins	Waffles	Biscuits	Oatmeal
<b>Lunch</b>					
Milk	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free
Fruit/Vegetable	Tator Tots	Green Beans	Peas	Carrots	Mixed Veggies
Fruit/Vegetable	Mandarin Oranges	Tropical Fruit	Peaches	Applesauce	Pears
Meat/Alternate	Egg/Cheese	Creamy Chicken	Chicken/Cheese	Cheeseburger	Chicken Patty
Bread/Alternate	Biscuit	Egg Noodles	Tortillas	Whole Wheat Bread	Whole Wheat Bread
<b>PM Snack (only 2)</b>					
Milk					
Meat/Alternate		Peanut Butter			Cheese
Fruit/Vegetable	100% Apple Juice		100% Grape Juice	Banana	
Bread/Alternate	Pretzels	Saltines	Goldfish	Vanilla Wafers	Saltines

**Week of November 7-11, 2011**

<i>Meals</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	11/7/11	11/8/11	11/9/11	11/10/11	11/11/11
<b>Breakfast</b>					
Milk	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free
Fruit/Vegetable	Peaches	Pineapples	Pears	Mandarin Oranges	Banana
Bread/Alternate	Pancakes	Whole Wheat Cheese Toast	French Toast	Bagels	Cheerios Cereal
<b>Lunch</b>					
Milk	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free
Fruit/Vegetable	Green Beans	Corn	Peas	Mashed Potatoes	Carrots
Fruit/Vegetable	Mandarin Oranges	Applesauce	Pineapples	Pears	Tropical Fruit
Meat/Alternate	Meat Topping/Sauce	Chicken Nuggets	Ham and Cheese	Salisbury Steak w/Gravy	BBQ Meatballs
Bread/Alternate	Spaghetti	Crackers	Tortillas	Whole Wheat Bread	Whole Wheat Bread
<b>PM Snack (only 2)</b>					
Milk					
Meat/Alternate				Peanut Butter	
Fruit/Vegetable	Bananas	100%Apple Juice	Applesauce		100%Grape Juice
Bread/Alternate	Animal Crackers	Cheeze-Its	Graham Crackers	Bagels	Vanilla Wafers

**Week of November 14-18, 2011**

<i>Meals</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	11/14/11	11/15/11	11/16/11	11/17/11	11/18/11
<b>Breakfast</b>					
Milk	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free
Fruit/Vegetable	Peaches	Pineapples	Pears	Peaches	Peaches
Bread/Alternate	Cheese Grits	Blueberry Muffins	Waffles	Biscuits	Oatmeal
<b>Lunch</b>					
Milk	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free
Fruit/Vegetable	Tator Tots	Green Beans	Peas	Carrots	Mixed Veggies
Fruit/Vegetable	Mandarin Oranges	Tropical Fruit	Peaches	Applesauce	Pears
Meat/Alternate	Egg/Cheese	Creamy Chicken	Chicken/Cheese	Cheeseburger	Chicken Patty
Bread/Alternate	Biscuit	Egg Noodles	Tortillas	Whole Wheat Bread	Whole Wheat Bread
<b>PM Snack (only 2)</b>					
Milk					
Meat/Alternate		Peanut Butter			Cheese
Fruit/Vegetable	100% Apple Juice		100% Grape Juice	Banana	
Bread/Alternate	Pretzels	Saltines	Goldfish	Vanilla Wafers	Saltines

**Week of November 21-25, 2011**

<i>Meals</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	11/21/11	11/22/11	11/23/2011- Closing at 12pm	11/24/2011- Closed	11/25/2011- Closed
<b>Breakfast</b>					
Milk	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free		
Fruit/Vegetable	Peaches	Pineapples	Pears		
Bread/Alternate	Pancakes	Cheese Toast	French Toast		
<b>Lunch</b>					
Milk	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free		
Fruit/Vegetable	Green Beans	Corn	Peas		
Fruit/Vegetable	Mandarin Oranges	Applesauce	Tropical Fruit		
Meat/Alternate	Meat Topping/Sauce	Chicken Nuggets	Ham and Cheese		
Bread/Alternate	Spaghetti	Crackers	Tortillas		
<b>PM Snack (only 2)</b>					
Milk					
Meat/Alternate					
Fruit/Vegetable	Bananas	100%Apple Juice			
Bread/Alternate	Animal Crackers	Cheeze-Its			

**Week of November 28-30, 2011**

<i>Meals</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	11/28/11	11/29/11	11/30/11		
<b>Breakfast</b>					
Milk	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free		
Fruit/Vegetable	Peaches	Pineapples	Pears		
Bread/Alternate	Cheese Grits	Blueberry Muffins	Waffles		
<b>Lunch</b>					
Milk	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free	Skim/Whole/Lactose Free		
Fruit/Vegetable	Tator Tots	Green Beans	Peas		
Fruit/Vegetable	Mandarin Oranges	Tropical Fruit	Peaches		
Meat/Alternate	Egg/Cheese	Creamy Chicken	Chicken/Cheese		
Bread/Alternate	Biscuit	Egg Noodles	Tortillas		
<b>PM Snack (only 2)</b>					
Milk					
Meat/Alternate		Peanut Butter			
Fruit/Vegetable	100% Apple Juice		100% Grape Juice		
Bread/Alternate	Pretzels	Saltines	Goldfish		