

November Breakfast - SY: 17/18



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Blueberry Muffin WG Corn Flakes Peach 1% Milk / Skim Milk	2 Corn Muffin Strawberry Yogurt Pear 1% Milk / Skim Milk	3 WW Waffle maple syrup Turkey Bacon Pear 1% Milk / Skim Milk
6 Blueberry Muffin WG Corn Flakes Peach 1% Milk / Skim Milk	7 WG Bran Flakes Whole Grain Bread Banana 1% Milk / Skim Milk	8 WG Raisin Bran Whole Grain Bread Banana 1% Milk / Skim Milk	9 WW Waffle maple syrup Turkey Bacon Pear 1% Milk / Skim Milk	10 WW French Toast maple syrup Turkey Bacon Oranges 1% Milk / Skim Milk
13 Corn Muffin Strawberry Yogurt Pear 1% Milk / Skim Milk	14 WG Toasty Oats Whole Grain Bread Banana 1% Milk / Skim Milk	15	16 Blueberry Muffin Blueberry Yogurt Whole Grain Bread Plums 1% Milk / Skim Milk	17 Turkey Ham Scramble Egg WW English Muffin Apple 1% Milk / Skim Milk
20 WG Bran Flakes Whole Grain Bread Banana 1% Milk / Skim Milk	21 Corn Muffin Strawberry Yogurt Pear 1% Milk / Skim Milk	22 WG Toasty Oats Whole Grain Bread Banana 1% Milk / Skim Milk	23	24
27 Corn Muffin WG Toasty Oats Peach 1% Milk / Skim Milk	28 WG Bran Flakes Strawberry Yogurt Whole Grain Bread Banana 1% Milk / Skim Milk	29 WG Raisin Bran Whole Grain Bread Oranges 1% Milk / Skim Milk	30 Blueberry Muffin WG Corn Flakes Peach 1% Milk / Skim Milk	


Regina Caterers, Inc. 6409 11th Avenue Brooklyn, NY 11219

This institution is an equal opportunity employer

Menu Developed by: Jamie Pittman MS, RD, CDN

Please note water is served with every meal

November Lunch - SY: 17/18



		1 BBQ Chicken Drumstick Rice and Beans Tossed Salad (with beans) - Italian Dress. Plums 1% Milk / Skim Milk	2 Spaghetti & Meatballs Broccoli Tossed Salad (with beans) - Italian Dress. Peach 1% Milk / Skim Milk	3 Hamburger w/ WGR Bun Collard Greens Tossed Salad (with beans) - Italian Dress. Pear 1% Milk / Skim Milk
6 Roasted Chicken Thigh Whole Grain Bread Carrots Tossed Salad (with beans) - Italian Dress. Pear 1% Milk / Skim Milk	7 WGR Fish Sticks Whole Grain Bread Potato Nuggets Tossed Salad (with beans) - Italian Dress. Apple 1% Milk / Skim Milk	8 Stuffed Shells Broccoli Whole Grain Bread Tossed Salad (with beans) - Italian Dress. Peach 1% Milk / Skim Milk	9 Chicken Fajita w/ WGR Wrap Tossed Salad (with beans) - Italian Dress. Peach 1% Milk Skim Milk	10 WW Pizza Chickpea & Bean Salad Tossed Salad (with beans) Italian Dressing Orange 1% Milk / Skim Milk
13 Chicken Breast Filet Veg & Broc Pasta Salad Tossed Salad (with beans) Italian Dressing Plums 1% Milk / Skim Milk	14 Pasta Primavera Whole Grain Bread Fresh Tomatoes Tossed Salad (with beans) - Italian Dress. Apple 1% Milk / Skim Milk	15	16 Hearty Beef Stew Brown Rice Tossed Salad (with beans) - Italian Dress. Plums 1% Milk / Skim Milk	17 Chicken Patty w/ WG Bun (ketchup) Broccoli Tossed Salad (with beans) - Italian Dress. Peach 1% Milk / Skim Milk
20 Chicken Fingers Broccoli Black Bean Salad Brown Rice Tossed Salad (with beans) - Italian Dress. Apple 1% Milk / Skim Milk	21 Mac N' Cheese Carrots Tossed Salad (with beans) - Italian Dress. Peach 1% Milk / Skim Milk	22 Beef Soft Shell Taco Corn Tossed Salad (with beans) - Italian Dress. Orange 1% Milk / Skim Milk	23	24
27 Roasted Chicken Thigh Whole Grain Bread Collard Greens Tossed Salad (with beans) - Italian Dress. Pear 1% Milk / Skim Milk	28 WGR Hearty Lasagna Whole Grain Bread Tossed Salad (with beans) - Italian Dress. Banana 1% Milk Skim Milk	29 Meat Loaf Brown Rice Roasted Potato Tossed Salad (with beans) - Italian Dress. Pear 1% Milk / Skim Milk	30 Chicken Parmesan Whole Grain Penne Green Beans Tossed Salad (with beans) - Italian Dress. Nectarine 1% Milk / Skim Milk	

Regina Caterers, Inc. 6409 11th Avenue Brooklyn, NY 11219

This institution is an equal opportunity employer

Menu Developed by: Jamie Pittman MS, RD, CDN

Please note water is served with every meal