

Name _____

DC Catering, Inc.



November 2023

Monthly Meal Planner

NSLP

REVISED:

10-13-2023

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

1

2

3

M/MA 1 - 2 oz eq

Assorted Fruit can be:

Chicken Alfredo

Breaded Chicken Patty w/ cheese

Assorted Fruit

Fruit 1/2 - 1 c eq

Dried Fruit (1/4 cup = 1/2 cup eq)

Assorted Fruit

Assorted Fruit

Assorted Fruit

Veg 3/4 - 1 c eq

Fruit cup (4 oz) variety

Broccoli

Beans

Beans

Grains 1 - 2 oz eq

Juice box (4 oz) variety

WG Bread Slice

Milk

WG Hamburger Bun

Milk 1 c. (8 oz)

Fresh & Canned fruit variety

Milk

Milk

Milk

Week 2

6

7

8

9

10

M/MA 1 - 2 oz eq

Beef Hot Dog

Chicken Fingers

Walking Taco w/ cheese

Turkey Pot Pie

Fruit 1/2 - 1 c eq

Assorted Fruit

Assorted Fruit

Assorted Fruit

Assorted Fruit

Veg 3/4 - 1 c eq

Vgtrn Baked Beans/Carrots

Green Beans

Shredded Romaine

Mixed Vegetables

Grains 1 - 2 oz eq

WG Hot Dog Bun

WG Cornbread

WG Chips

WG Roll

Milk 1 c. (8 oz)

Milk

Milk

Milk

Milk

Week 3

13

14

15

16

17

M/MA 1 - 2 oz eq

Burger w/ cheese

BBQ Chicken w/ cheese

Mac-N-Cheese

Chicken Nuggets

Fruit 1/2 - 1 c eq

Assorted Fruit

Assorted Fruit

Assorted Fruit

Assorted Fruit

Veg 3/4 - 1 c eq

Sweet Potato Fries

Vgtrn Baked Beans

Broccoli

Corn/Celery

Grains 1 - 2 oz eq

WG Hamburger Bun

WG Hamburger Bun

WG Bread Slice

WG Grahams

Milk 1 c. (8 oz)

Milk

Milk

Milk

Milk

Week 4

20

21

22

23

24

M/MA 1 - 2 oz eq

Meatball Hoagie w/ cheese

Chicken Fajita w/ cheese

No School

Closed

Fruit 1/2 - 1 c eq

Assorted Fruit

Assorted Fruit

No School

Happy Thanksgiving

Veg 3/4 - 1 c eq

Bell Peppers

Corn

No School

Happy Thanksgiving

Grains 1 - 2 oz eq

WG Hot Dog Bun

WG Tortilla

No School

Happy Thanksgiving

Milk 1 c. (8 oz)

Milk

Milk

Milk

Milk

Week 5

27

28

29

30

M/MA 1 - 2 oz eq

Burger w/ cheese

Mini Corn Dogs

Spaghetti w/ Meat Sauce & Cheese

Popcorn Chicken

Fruit 1/2 - 1 c eq

Assorted Fruit

Assorted Fruit

Assorted Fruit

Assorted Fruit

Veg 3/4 - 1 c eq

Sweet Potato Fries

Vgtrn Baked Beans

Garden Salad

Corn

Grains 1 - 2 oz eq

WG Hamburger Bun

WG Cornmeal Breading

WG Bread Slice

WG Roll

Milk 1 c. (8 oz)

Milk

Milk

Milk

Milk

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"This institution is an equal opportunity provider."

*Subject to change during this pandemic reintegration into the "new normal" of available food supplies.



November 2023

Cold "Simple Serve" Breakfast Monthly Meal Planner

REVISED:	Cold "Simple Serve" Breakfast Monthly Meal Planner				
10-13-2023	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Assorted Fruit can be: Dried fruit (1/4 cup = 1/2 cup eq) Fruit cup (4 oz) variety Juice box (4 oz) variety Fresh or Canned fruit variety	Milk Assorted Fruit WG Cereal Bar WG Grahams	Milk Assorted Fruit WG Chocolate Filled Crescent	Milk Assorted Fruit WG Cereal WG Grahams
Week 2	1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Fruit & Grain Bar	Milk Assorted Fruit WG Bagel w/ cream cheese	Milk Assorted Fruit WG Cereal WG Grahams	Milk Assorted Fruit WG Cereal WG Grahams
Week 3	1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Ultimate Breakfast Round	Milk Assorted Fruit WG Granola Yogurt	Milk Assorted Fruit WG Breakfast Bun	Milk Assorted Fruit WG Apple Cinnamon Texas Toast WG Grahams
Week 4	1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Banana Chocolate Chip Oatmeal Bar	Milk Assorted Fruit WG Donut	No School	Closed Happy Thanksgiving
Week 5	1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Nutri-Grain Bar WG Grahams	Milk Assorted Fruit WG Crunchmania	Milk Assorted Fruit WG Wild Berry Bread	Milk Assorted Fruit WG Cereal WG Grahams

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