

Little Red Schoolhouse #1

333 E. Main St.
Ashland, OR 97520

Breakfast
November 2016

541-555-1122
mjones@soschools.com
TaxID: 12-3456789

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Waffles Apricot Halves Milk	2 French Toast Fruit Cup Milk	3 Pancakes Peach/Strawberry Slices Milk	4 Scrambled Eggs Toast with Jam Orange Slices Milk
7 Country Gravy over Buttermilk Biscuits Peach Slices Milk	8 French Toast Fruit Cup Milk	9 Bran Muffin Peach Slices Milk	10 Puffed Wheat Cereal with Milk Banana Slices Apple Juice	11 Scrambled Eggs Hash Browns Toast with Jam Milk
14 Pancakes Applesauce Milk	15 Raisin Toast Applesauce Milk	16 Oatmeal with milk Banana Slices	17 Fruit Cup Cinnamon Roll Milk	18 Raisin Toast Canadian Bacon Peach Slices Milk
21 Bran Muffin Applesauce Milk	22 Waffles Apricot Halves Milk	23 French Toast Fruit Cup Milk	24 Pancakes Peach/Strawberry Slices Milk	25 Scrambled Eggs Toast with Jam Orange Slices Milk
28 Country Gravy over Buttermilk Biscuits Peach Slices Milk	29 French Toast Fruit Cup Milk	30 Bran Muffin Peach Slices Milk		

USDA Nondiscrimination Statement: The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.)

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Morning Snack

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Graham Crackers Milk	2 Tortillas with Melted Cheese Grape Juice	3 Soft Pretzels Cheese Spread	4 Graham Cracker Sandwich with Peanut Butter and Jelly
7 Cheese Slice on Crackers Apple Juice	8 Bagels with Cream Cheese Apple Juice	9 Apple Wedges Wheat Thins	10 Crackers with Cheese Slice Apple Juice	11 Graham Crackers Milk
14 Watermelon Cubes Cheeze Its	15 Ritz Crackers Milk	16 Tortillas with Melted Cheese Grape Juice	17 Graham Crackers Milk	18 Bran Muffins Tangerine Slices
21 Cantaloupe Cubes Ritz Crackers Apple Juice	22 Graham Crackers Milk	23 Tortillas with Melted Cheese Grape Juice	24 Soft Pretzels Cheese Spread	25 Graham Cracker Sandwich with Peanut Butter and Jelly
28 Cheese Slice on Crackers Apple Juice	29 Bagels with Cream Cheese Apple Juice	30 Apple Wedges Wheat Thins		

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Lunch
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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Taco w/ Lettuce Green Beans Jell-O with Fruit Milk	2 Weiner Wrap French Fries Corn Milk	3 Cold Cut/Cheese Sandwich Clam Chowder Applesauce Milk	4 Cheeseburger on a Bun French Fries Corn Cookie Milk
7 Chicken Nuggets Tater Tots Green Beans Cinnamon Rolls Milk	8 Swedish Meatballs and Gravy over Noodles Cooked Carrots Peach Slices Milk	9 Tuna Salad Sandwich Minestrone Soup Fruit in Jell-O Milk	10 Taco w/ Shredded Lettuce Mixed Vegetables Fruit Cup Milk	11 Corn Dog Peas and Carrots Fruit Cup Milk
14 Fish and Chips Mixed Vegetables Wheat Bread and Butter Milk	15 Pizza Tossed Green Salad Apple Slices Milk	16 Fish Sticks Rice Pilaf Peas Peach Cobbler Milk	17 Hot Dog on a Bun Spinach Banana Milk	18 Beans and Franks Cooked Carrots Apple Crisp Corn Bread Milk
21 Beef Stroganoff Green Beans Fruit Cup Milk	22 Chicken Taco w/ Lettuce Green Beans Jell-O with Fruit Milk	23 Weiner Wrap French Fries Corn Milk	24 Cold Cut/Cheese Sandwich Clam Chowder Applesauce Milk	25 Cheeseburger on a Bun French Fries Corn Cookie Milk
28 Chicken Nuggets Tater Tots Green Beans Cinnamon Rolls Milk	29 Swedish Meatballs and Gravy over Noodles Cooked Carrots Peach Slices Milk	30 Tuna Salad Sandwich Minestrone Soup Fruit in Jell-O Milk		

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Afternoon Snack

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Celery Stick filled with Cheese Spread Apple Juice	2 Granola Bars Apple Juice	3 Peanuts Apple Juice	4 Tangerine Slices Sunflower Seeds, shelled
7 Pear Slices Wheat Thins	8 Banana Milk	9 Bread Pudding Milk	10 Crackers with Cheese Apple Juice	11 Carrot Sticks Party Mix with Peanuts and Dried Cereal
14 Raisin Bread with Peanut Butter Milk	15 Peanuts Apple Juice	16 Bread Pudding Milk	17 Bread Sticks Cheese Spread	18 Cantaloupe Cubes Sunflower Seeds Apple Juice
21 Banana Graham Crackers	22 Celery Stick filled with Cheese Spread Apple Juice	23 Granola Bars Apple Juice	24 Peanuts Apple Juice	25 Tangerine Slices Sunflower Seeds, shelled
28 Pear Slices Wheat Thins	29 Banana Milk	30 Bread Pudding Milk		

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Dinner

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot Dog French Fries Fruit Cup Milk	2 Chicken Pilaf Beets Fruit Cup Milk	3 Grilled Cheese Sandwich Tomato Soup Fruit Cup Milk	4 Chicken Nuggets Fried Rice Peas Jell-O with Fruit Milk
7 Chicken Nuggets Mashed Potatoes w/ Gravy Peas Cinnamon Rolls Milk	8 Cold Cut/Cheese Sandwich Carrot & Celery Sticks Apple Crisp Milk	9 Hamburger on a Bun Tater Tots Sliced Cheese & Lettuce Jell-O with Fruit Milk	10 Lasagna with Meat Sauce Tossed Green Salad Corn Milk	11 Beef Taco with Shredded Lettuce and Cheese Mexicorn Flan Pudding Milk
14 Corn Dog Peas and Carrots Fruit Cup Milk	15 Chicken Nuggets Spanish Rice Peas and Carrots Pear Crisp Milk	16 Spaghetti & Meatballs Green Beans Applesauce Milk	17 Lasagna Cooked Carrots French Bread Fruit Cup Milk	18 Macaroni and Meatballs Peas and Carrots Fruit Cup Milk
21 Burrito, Bean and Beef Tossed Green Salad Corn Oatmeal Cookie Milk	22 Hot Dog French Fries Fruit Cup Milk	23 Chicken Pilaf Beets Fruit Cup Milk	24 Grilled Cheese Sandwich Tomato Soup Fruit Cup Milk	25 Chicken Nuggets Fried Rice Peas Jell-O with Fruit Milk
28 Chicken Nuggets Mashed Potatoes w/ Gravy Peas Cinnamon Rolls Milk	29 Cold Cut/Cheese Sandwich Carrot & Celery Sticks Apple Crisp Milk	30 Hamburger on a Bun Tater Tots Sliced Cheese & Lettuce Jell-O with Fruit Milk		

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Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

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