

# Chappell Schools

# November 1 - 5, 2021 Menu

|                  |   | MONDAY<br>11/1/21   | TUESDAY<br>11/2/21  | WEDNESDAY<br>11/3/21  | THURSDAY<br>11/4/21   | FRIDAY<br>11/5/21   |
|------------------|---|---|---|---|---|---|
| <b>BREAKFAST</b> | <b>Milk</b>                             | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk |
|                  | <b>Fruits</b>                           | mangos  | peaches   | strawberries  | blueberries   | bananas   |
|                  | <b>Grains</b>                           | whole grain<br>Cheerios cereal  | bagels  | whole grain muffins   | turkey sausage and<br>grits   | whole grain<br>Cinnamon Toast<br>Crunch cereal                              |
| <b>LUNCH</b>     | <b>Milk</b>                             | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk |
|                  | <b>Meats / Meat alternative</b>         | black beans   | spaghetti with meat<br>sauce  | grilled cheese<br>sandwich  | sun butter and jelly<br>sandwich  | chicken alfredo   |
|                  | <b>Vegetables</b>                       | corn  | peas  | mixed vegetables  | carrot sticks   | broccoli  |
|                  | <b>Vegetables / Fruits</b>              | tropical fruit salad  | applesauce  | mandarin oranges  | apples  | tropical fruit  |
|                  | <b>Grains</b>                           | whole grain rice  | whole grain pasta   | whole grain bread   | whole grain bread   | whole grain pasta   |
| <b>SNACK</b>     | <b>Milk – flavored &amp; unflavored</b> | 100% apple juice  | pineapple cups  | yogurt  | orange slices or<br>orange cups   | mixed fruit cup   |
|                  | <b>Vegetable / Fruit</b>                |   |   |   |   |   |
|                  | <b>Grains</b>                           | banana bread  | Cheez-It Crackers   | plain animal<br>crackers  | Strawberry Chex<br>Mix  | blueberry muffin  |

# Chappell Schools

## November 8-12, 2021 Menu

|                  |   | MONDAY<br>11/8/21   | TUESDAY<br>11/9/21  | WEDNESDAY<br>11/10/21   | THURSDAY<br>11/11/21  | FRIDAY<br>11/12/21  |
|------------------|---|---|---|---|---|---|
| <b>BREAKFAST</b> | <b>Milk</b>                             | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk |
|                  | <b>Fruits</b>                           | mixed fruit   | blueberry yogurt  | mangos  | blueberries   | strawberries  |
|                  | <b>Grains</b>                           | waffles   | bagels  | turkey sausage and<br>croissants  | banana bread  | French toast sticks<br>with syrup   |
| <b>LUNCH</b>     | <b>Milk</b>                             | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk |
|                  | <b>Meats</b>                            | teriyaki chicken  | tacos   | corn dogs   | chicken nuggets   | cheese ravioli  |
|                  | <b>Vegetables</b>                       | peas  | green beans   | mixed vegetables  | potato tots   | salad or peas   |
|                  | <b>Vegetables / Fruits</b>              | mandarin oranges  | peaches   | applesauce  | apple slices  | mixed fruit   |
|                  | <b>Grains</b>                           | whole grain rice  | whole grain tortilla  | whole grain roll  | whole grain roll  | whole grain pasta   |
| <b>SNACK</b>     | <b>Milk – flavored &amp; unflavored</b> | cheese sticks   | fruit cup   | 100% fruit punch  | yogurt  | applesauce cups   |
|                  | <b>Vegetable / Fruit</b>                |   |   |   |   |   |
|                  | <b>Grains</b>                           | whole wheat<br>crackers   | Sun Chips   | Goldfish Crackers   | Graham Crackers   | cheese crackers   |

# Chappell Schools

# November 15-19, 2021 Menu

|           |                              | MONDAY<br>11/15/21  | TUESDAY<br>11/16/21   | WEDNESDAY<br>11/17/21   | THURSDAY<br>11/18/21  | FRIDAY<br>11/19/21  |
|-----------|------------------------------|---|---|---|---|---|
| BREAKFAST | Milk                         | 1yr. - whole milk<br>2-5yr. - 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. - 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. - 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. - 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. - 1% milk<br>flavored & unflavored;<br>Soy milk |
|           | Fruits                       | mangos  | tropical fruit salad  | blueberries   | pineapple   | bananas   |
|           | Grains                       | whole grain<br>Cheerio's cereal   | waffles   | bagels  | sausage and biscuit   | whole grain<br>Cheerio's cereal   |
| LUNCH     | Milk                         | 1yr. - whole milk<br>2-5yr. - 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. - 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. - 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. - 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. - 1% milk<br>flavored & unflavored;<br>Soy milk |
|           | Meats / Meat alternative     | black beans   | chicken nuggets   | Thanksgiving turkey   | chicken   | hot dogs  |
|           | Vegetables                   | corn  | potato tots   | Mashed potatoes &<br>gravy  | green beans   | baked beans   |
|           | Vegetables / Fruits          | tropical fruit salad  | mandarin oranges  | green beans   | peaches   | pears   |
|           | Grains                       | whole grain rice  | whole grain roll  | whole grain roll  | whole grain rice  | whole grain bun   |
| SNACK     | Milk – flavored & unflavored | 100% apple juice  | cheese cubes  | orange slices or<br>orange cups   | yogurt  | fruit cup   |
|           | Vegetable / Fruit            |   |   |   |   |   |
|           | Grains                       | banana bread  | Ritz Crackers   | Graham Crackers   | plain animal<br>crackers  | Ritz Cheese Crackers  |

# Chappell Schools

# November 22-26, 2021 Menu

|                  |   | MONDAY<br>11/22/21  | TUESDAY<br>11/23/21   | WEDNESDAY<br>11/24/21   | THURSDAY<br>11/25/21  | FRIDAY<br>11/26/21 |
|------------------|---|---|---|---|-----------------------|--------------------|
| <b>BREAKFAST</b> | <b>Milk</b>                             | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | HAPPY<br>THANKSGIVING | No School          |
|                  | <b>Fruits</b>                           | mixed fruit   | mangos  | pears   |                       |                    |
|                  | <b>Grains</b>                           | whole grain<br>Cinnamon Toast<br>Crunch cereal                              | French toast  | sausage and grits   |                       |                    |
| <b>LUNCH</b>     | <b>Milk</b>                             | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk |                       |                    |
|                  | <b>Meats</b>                            | Teriyaki chicken  | turkey and cheese<br>wrap   | corn dogs   |                       |                    |
|                  | <b>Vegetables</b>                       | green beans   | carrot sticks   | mashed potatoes   |                       |                    |
|                  | <b>Vegetables / Fruits</b>              | tropical fruit salad  | apple   | peaches   |                       |                    |
|                  | <b>Grains</b>                           | whole grain rice  | whole grain tortilla  | whole grain roll  |                       |                    |
| <b>SNACK</b>     | <b>Milk – flavored &amp; unflavored</b> | applesauce cups   | peach cups  | cheese sticks   |                       |                    |
|                  | <b>Vegetable / Fruit</b>                |   |   |   |                       |                    |
|                  | <b>Grains</b>                           | Graham Crackers   | Sun Chip  | Ritz Crackers   |                       |                    |

# Chappell Schools

## November 29 to December 2, 2021 Menu

|           |                              | MONDAY<br>11/29/21  | TUESDAY<br>11/30/21   | WEDNESDAY<br>12/1/21  | THURSDAY<br>12/2/21   | FRIDAY<br>12/3/21   |
|-----------|------------------------------|---|---|---|---|---|
| BREAKFAST | Milk                         | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk |
|           | Fruits                       | blueberries   | mixed fruit   | applesauce  | strawberries  | mangos  |
|           | Grains                       | cheese grits and<br>sausage   | whole grain<br>Cinnamon Toast<br>Crunch cereal                              | banana bread  | cheese toast  | whole grain<br>Cheerios cereal  |
| LUNCH     | Milk                         | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk | 1yr. - whole milk<br>2-5yr. – 1% milk<br>flavored & unflavored;<br>Soy milk |
|           | Meats                        | grilled cheese<br>sandwich  | chicken & Spanish<br>rice   | hamburger   | chicken with gravy  | spaghetti with<br>meatballs   |
|           | Vegetables                   | green beans   | peas  | potato tots   | mashed potatoes   | mixed vegetables  |
|           | Vegetables / Fruits          | apple slices  | peaches   | pears   | tropical fruit salad  | mandarin oranges  |
|           | Grains                       | whole grain bread   | whole grain rice  | whole grain bun   | whole grain roll  | whole grain pasta   |
| SNACK     | Milk – flavored & unflavored | 100% fruit juice  | mixed fruit cups  | oranges or orange<br>cups   | cheese cubes  | pear slices   |
|           | Vegetable / Fruit            |   |   |   |   |   |
|           | Grains                       | banana bread  | Graham Crackers   | Sun Chips   | whole wheat<br>crackers   | Cheez-It Crackers   |