EZ Meals
AFTERSCHOOL MEALS COLD SUPPER
NOVEMBER MENU

FLIPANY®
Empowering communities to thrive
Nutrition Education | Fun Fitness | Healthy Meals

Milk: Ages 2-5 serve 1%/0% Unflavored
Ages 6-18 serve 1%/0% Unflavored or Flavored

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Tuna Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip Pineapple (1/4c) WGR Roll (1) Milk (8oz)	3-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Mixed Fruit (1/4c) WGR Bread or Bun (1) Milk (8oz)	4-Chicken Salad (3oz) Mixed Green Salad (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)	5-Turkey & Cheese (2.5oz) In pasta salad Baby Carrots (1/2c) Dressing/Dip (1) Mandarins (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	6-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Coleslaw (1/2c) Applesauce (1/4c) WGR Bread or Bun (1) Milk (8oz)
9-Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip (1) Pineapple (1/4c) WGR Roll (1) Milk (8oz)	10-Ham & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread or Bun (1) Milk (8oz)	11-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Baby Carrots (1/2c) Dressing/Dip (1) Pears (1/4c) WGR Bread or Bun (1) Milk (8oz)	12-Grilled Chicken (2oz) In pasta salad Celery Sticks or Sliced Cucumber (1/2c) Dressing/Dip Mandarins (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	13-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Black Bean Salad (1/2c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
16-Sliced Turkey (2oz) Cheese Stick (1oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing /Dip (1) Pineapple (1/4c) WGR Roll (1) Milk (8oz)	17-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread or Bun (1) Milk (8oz)	18-Chicken Salad (3oz) Mixed Green Salad (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)	19-Turkey & Cheese (2.5oz) In pasta salad Celery Sticks or Sliced Cucumber (1/2c) Dressing/Dip (1) Mandarins (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	20-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
23-Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing /Dip (1) Pineapple (1/4c) WGR Roll (1) Milk (8oz)	24-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread or Bun (1) Milk (8oz)	25-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Pears (1/4c) WGR Bread or Bun (1) Milk (8oz)	26-CLOSED THE CHILDREN'S TRUST	27-CLOSED THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES
30-Tuna Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip Pineapple (1/4c) WGR Roll (1) Milk (8oz)	December 1-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Mixed Fruit (1/4c) WGR Bread or Bun (1) Milk (8oz)	December 2-Chicken Salad (3oz) Mixed Green Salad (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)	December 3-Turkey & Cheese (2.5oz) In pasta salad Baby Carrots (1/2c) Dressing/Dip (1) Mandarins (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	December 4-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Coleslaw (1/2c) Applesauce (1/4c) WGR Bread or Bun (1) Milk (8oz)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Taco Seasoned Chicken (2oz) Lettuce-Tomato (1/2c) Congri (1/2c) Fresh Fruit (1) Tortilla (1) Milk (8oz)	3-Chicken Alfredo (3/4c) Mixed Green Salad (1c) Dressing (1) Mixed Fruit (1/4c) WGR Roll or Bread (1) Milk (8oz)	4-Cheeseburger (3oz) Ketchup/Mustard (1) Corn (1/2c) Pears (1/4c) WGR Bun (1) Milk (8oz)	5-Chicken Strips (2oz) Green Beans (1/2c) Mandarins (1/4c) Rice (1/2c) Milk (8oz)	6-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Coleslaw (1/2c) Applesauce (1/4c) WGR Bread or Bun (1) Milk (8oz)
9-Salisbury Steak (3oz) Green Beans (1/2c) Fresh Fruit (1) WGR Rice (1/2c) Milk (8oz)	10-Grilled Chicken (2oz) Mashed Potato (1/2c) Peas & Carrots (1/4c) WGR Roll (1) Milk (8oz)	11-Hamburger (3oz) Ketchup/Mustard (1) Corn (1/2c) Pears (1/4c) WGR Bun (1) Milk (8oz)	12-Pasta with Meat Sauce (3/4c) Baby Carrots (1/2c) Mandarins (1/4c) WGR Bread (1) Milk (8oz)	13-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Black Bean Salad (1/2c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
16-Meat Lasagna (3/4c) Mixed Green Salad (1c) Salad Dressing (1) Fresh Fruit (1) WGR Roll (1) Milk (8oz)	17-Chicken Nuggets (6) Mixed Vegetables (1/2c) Mixed Fruit (1/4c) WGR Macaroni & Cheese (1/2c) Milk (8oz)	18-BBQ Pulled Chicken (3oz) Peas (1/2c) Pears (1/4c) WGR Rice (1/2c) Milk (8oz)	19-Chicken Patty (3oz) Mayonnaise (1) Coleslaw (1/2c) Mandarins (1/4c) WGR Bun (1) Milk (8oz)	20-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
23-Chicken Nuggets (6) Carrots (1/2c) Fresh Fruit (1) WGR Roll (1) Milk (8oz)	24-Picadillo (3oz) Green Beans (1/2c) Mixed Fruit (1/4c) WGR Rice (1/2c) Milk (8oz)	25-Chicken Patty (3oz) Mayonnaise (1) Corn (1/2c) Pears (1/4c) WGR Bun (1) Milk (8oz)	26-CLOSED THE CHILDREN'S TRUST	27-CLOSED THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES
30-Taco Seasoned Chicken (2oz) Lettuce-Tomato (1/2c) Congri (1/2c) Fresh Fruit (1) Tortilla (1) Milk (8oz)	December 1-Chicken Alfredo (3/4c) Mixed Green Salad (1c) Dressing (1) Mixed Fruit (1/4c) WGR Roll or Bread (1) Milk (8oz)	December 2-Cheeseburger (3oz) Ketchup/Mustard (1) Corn (1/2c) Pears (1/4c) WGR Bun (1) Milk (8oz)	December 3-Chicken Strips (2oz) Green Beans (1/2c) Mandarins (1/4c) Rice (1/2c) Milk (8oz)	December 4-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Coleslaw (1/2c) Applesauce (1/4c) WGR Bread or Bun (1) Milk (8oz)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	3-Cheese Stick (1oz) WGR Pretzels (.8oz)	4-100% Juice (3/4c) WGR Muffin (2oz)	5-Fresh Apple (1) WGR Cheese Crackers (1oz)	6-100% Juice (3/4c) WGR Animal Crackers (1oz)
9-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	10-Cheese Stick (1oz) WGR Graham Crackers (1oz)	11-100% Juice (3/4c) WGR Muffin (2oz)	12-Fresh Apple (1) WGR Pretzels (.8oz)	13-100% Juice (3/4c) WGR Animal Crackers (1oz)
16-100% Juice (3/4c) WGR Graham Crackers (1oz)	17-Cheese Stick (1oz) WGR Pretzels (.8oz)	18-100% Juice (3/4c) WGR Muffin (2oz)	19-Fresh Apple (1) WGR Cheese Crackers (1oz)	20-100% Juice (3/4c) WGR Tortilla Chips (1oz)
23-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	24-Cheese Stick (1oz) WGR Animal Cracker (1oz)	25-100% Juice (3/4c) WGR Muffin (2oz)	26-CLOSED THE CHILDREN'S TRUST	27-CLOSED THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES
30-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	December 1-Cheese Stick (1oz) WGR Pretzels (.8oz)	December 2-100% Juice (3/4c) WGR Muffin (2oz)	December 3-Fresh Apple (1) WGR Cheese Crackers (1oz)	December 4-100% Juice (3/4c) WGR Animal Crackers (1oz)