Exquisite Catering
AFTERSCHOOL MEALS COLD SUPPER
NOVEMBER MENU

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

Milk: Ages 2-5 serve whole, 2%, 1% or fat free unflavored milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2- Egg Salad Scoop (3oz) Baby Carrots (1/2c) Peach Cup in juice (4oz) Dinner Roll (1) Dressing/Dip (1) Milk 8oz	3- Sandwich-Sliced Chicken & Cheese (3oz) Coleslaw (1/2c) Mixed Fruit or Pears Cup (4oz) Bread (2) Mayonnaise/Mustard (1) Milk 8oz	4- Mediterranean Salad Garbanzo Beans (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Sliced Cucumber (1/4c) Dinner Roll (1) Salad Dressing (1) Milk 8oz	5- Sandwich-Sliced Turkey & Cheese (3oz) Potato Salad (1/2c) Applesauce Cup (4oz) Bread (2) Mayonnaise/Mustard (1) Milk 8oz	6- Bunwich-Chicken Salad (3oz) Celery Sticks (1/2c) Fruit Cocktail Cup in juice (4oz) Bun (1) Dressing/Dip (1) Milk 8oz
9- Cheese Cubes (2.5oz) Baby Carrots (1/2c) Peach Cup in juice (4oz) Pasta Salad (3/4c) Milk 8oz	10- Sandwich-Sliced Turkey & Cheese (3oz) Potato Salad (1/2c) Mixed Fruit or Pears Cup (4oz) Bread (2) Mayonnaise/Mustard (1) Milk 8oz	11- Fiesta Salad Seasoned Black Beans (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Grape/Cherry Tomato (1/4c) Tortilla Chips Pack (1oz) Salad Dressing (1) Milk 8oz	12- Sandwich-Sliced Chicken & Cheese (3oz) Coleslaw (1/2c) Applesauce Cup (4oz) Bread (2) Mayonnaise/Mustard (1) Milk 8oz	13- Bunwich-Egg Salad (3oz) Celery Sticks (1/2c) Fruit Cocktail Cup in juice (4oz) Bun (1) Dressing/Dip (1) Milk 8oz
16- Sandwich-Sliced Turkey & Cheese (3oz) Potato Salad (1/2c) Peach Cup in juice (4oz) Bread (2) Mayonnaise/Mustard (1) Milk 8oz	17- Cheese Cubes (2.5oz) Baby Carrots (1/2c) Mixed Fruit or Pears Cup (4oz) Pasta Salad (3/4c) Milk 8oz	18- Taco Salad Seasoned Ground Turkey or Chicken (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Grape/Cherry Tomato (1/4c) Tortilla Chips Pack (1oz) Salad Dressing (1) Milk 8oz	19- Bunwich-Tuna Salad (3oz) Celery Sticks (1/2c) Applesauce Cup (4oz) Bun (1) Dressing/Dip (1) Milk 8oz	20- Sandwich-Sliced Chicken & Cheese (3oz) Coleslaw (1/2c) Fruit Cocktail Cup in juice (4oz) Bread (2) Mayonnaise/Mustard (1) Milk 8oz
23- Chicken Salad Scoop (3oz) Baby Carrots (1/2c) Peach Cup in juice (4oz) Dinner Roll (1) Dressing/Dip (1) Milk 8oz	24- Sandwich-Sliced Turkey & Cheese (3oz) Potato Salad (1/2c) Mixed Fruit or Pears Cup (4oz) Bread (2) Mayonnaise/Mustard (1) Milk 8oz	25- Chef Salad Hard Boiled Egg (1) Shredded Cheese (.5oz) Mixed Green Salad (1c) Grape/Cherry Tomato (1/4c) Dinner Roll (1) Salad Dressing (1) Milk 8oz	26-CLOSED	27-CLOSED THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES
30- Egg Salad Scoop (3oz) Baby Carrots (1/2c) Peach Cup in juice (4oz) Dinner Roll (1) Dressing/Dip (1) Milk 8oz	December 1- Sandwich-Sliced Chicken & Cheese (3oz) Coleslaw (1/2c) Mixed Fruit or Pears Cup (4oz) Bread (2) Mayonnaise/Mustard (1) Milk 8oz	December 2- Mediterranean Salad Garbanzo Beans (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Sliced Cucumber (1/4c) Dinner Roll (1) Salad Dressing (1) Milk 8oz	December 3- Sandwich-Sliced Turkey & Cheese (3oz) Potato Salad (1/2c) Applesauce Cup (4oz) Bread (2) Mayonnaise/Mustard (1) Milk 8oz	December 4- Bunwich-Chicken Salad (3oz) Celery Sticks (1/2c) Fruit Cocktail Cup in juice (4oz) Bun (1) Dressing/Dip (1) Milk 8oz

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AFTERSCHOOL MEALS HOT SUPPER
NOVEMBER MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2- Chicken Patty (3oz) Mixed Vegetables (1/2c) Peach Cup in juice (4oz) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	3- S/S Meatballs (3) Peas & Carrots (1/2c) Fresh Banana or Orange (1) WGR Rice (1/2c) Milk (8oz)	4- Chicken Alfredo Pasta (1c) Green Beans (1/2c) Pineapple Cup in juice (4oz) WGR Pasta in entree (1/2c) Milk (8oz)	5- Teriyaki or BBQ Chicken (3oz) Kernel Corn (1/2c) Applesauce Cup (4oz) WGR Rice (1/2c) Milk (8oz)	6- Beefaroni (3/4c) Carrot Sticks (1/2c) Dressing (1) Fruit Cocktail Cup in juice (4oz) WGR Pasta in entree (1/2c) Milk (8oz)
9- Chicken Nuggets (5) Mixed Vegetables (1/2c) Peach Cup in juice (4oz) WGR Roll (1) Ketchup/Mustard (1) Milk (8oz)	10- Meatloaf (2.3oz) Mashed Potatoes (1/2c) Fresh Banana or Orange (1) WG Roll (1) Milk (8oz)	11- Beefaroni (3/4c) Green Beans (1/2c) 100% Fruit Juice (4-6oz) WGR Pasta in entree (1/2c) Milk (8oz)	12- Fajita/Taco Chicken (2oz) Black Beans (1/2c) Applesauce Cup (4oz) Tortilla (1) Milk (8oz)	13- Breaded Mini-Corn Dogs (6) OR Corn Dog (1) Carrot Sticks (1/2c) Dressing (1) Fruit Cocktail Cup in juice (4oz) WGR Breading (1) Milk (8oz)
16- Chicken Patty (3oz) Mixed Vegetables (1/2c) Peach Cup in juice (4oz) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	17- Hamburger (2.3oz) Mashed Potatoes (1/2c) Fresh Banana or Orange (1) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	18- Macaroni & Cheese (1c) Green Beans (1/2c) Pineapple Cup in juice (4oz) WGR Pasta in entree (1/2c) Milk (8oz)	19- Fajita/Taco Chicken (2oz) Black Beans (1/2c) Applesauce Cup (4oz) Tortilla (1) Milk (8oz)	20- Baked Ziti Pasta (3/4c) Carrot Sticks (1/2c) Dressing (1) Fruit Cocktail Cup in juice (4oz) WGR Pasta in entree (1/2c) Milk (8oz)
23- Chicken Nuggets (5) Mixed Vegetables (1/2c) Peach Cup in juice (4oz) WGR Roll (1) Ketchup/Mustard (1) Milk (8oz)	24- Hamburger (2.3oz) Mashed Potatoes (1/2c) Fresh Banana or Orange (1) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	25- Baked Ziti Pasta (3/4c) Green Beans (1/2c) 100% Fruit Juice (4-6oz) WGR Pasta in entree (1/2c) Milk (8oz)	26-CLOSED	27-CLOSED THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES
30- Chicken Patty (3oz) Mixed Vegetables (1/2c) Peach Cup in juice (4oz) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	December 1- S/S Meatballs (3) Peas & Carrots (1/2c) Fresh Banana or Orange (1) WGR Rice (1/2c) Milk (8oz)	December 2- Chicken Alfredo Pasta (1c) Green Beans (1/2c) Pineapple Cup in juice (4oz) WGR Pasta in entree (1/2c) Milk (8oz)	December 3- Teriyaki or BBQ Chicken (3oz) Kernel Corn (1/2c) Applesauce Cup (4oz) WGR Rice (1/2c) Milk (8oz)	December 4- Beefaroni (3/4c) Carrot Sticks (1/2c) Dressing (1) Fruit Cocktail Cup in juice (4oz) WGR Pasta in entree (1/2c) Milk (8oz)

Exquisite Catering
AFTERSCHOOL MEALS SNACK
NOVEMBER MENU

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