Quality Culinary
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) Dressing/Dip (1) Peaches (1/4c) Dinner Roll (1) Milk 8oz	3-Sandwich-Sliced Chicken & Cheese (3oz) Mayonnaise/Mustard (1) Coleslaw (1/2c) Fresh Fruit (1 piece) Bread (2) Milk 8oz	4-Mediterranean Salad Garbanzo Beans (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Salad Dressing (1) Sliced Cucumber (1/4c) Dinner Roll (1) Milk 8oz	5-Sandwich-Sliced Turkey & Cheese (3oz) Mayonnaise/Mustard (1) Potato Salad (1/2c) Applesauce (1/4c) Bread (2) Milk 8oz	6-Bunwich-Chicken Salad (3oz) Celery Sticks (1/2c) Dressing/Dip (1) Fruit Cocktail (1/4c) Bun (1) Milk 8oz
9-Cheese Cubes (2.5oz) Baby Carrots (1/2c) Dressing/Dip (1) Peaches (1/4c) Pasta Salad (3/4c) Milk 8oz	10-Sandwich-Sliced Turkey & Cheese (3oz) Mayonnaise/Mustard (1) Potato Salad (1/2c) Fresh Fruit (1 piece) Bread (2) Milk 8oz	11-Fiesta Salad Seasoned Black Beans (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Salad Dressing (1) Grape/Cherry Tomato (1/4c) Tortilla Chips Pack (1oz) Milk 8oz	12-Sandwich-Sliced Chicken & Cheese (3oz) Mayonnaise/Mustard (1) Coleslaw (1/2c) Applesauce (1/4c) Bread (2) Milk 8oz	13-Bunwich-Egg Salad (3oz) Celery Sticks (1/2c) Dressing/Dip (1) Fruit Cocktail (1/4c) Bun (1) Milk 8oz
16-Sandwich-Sliced Turkey & Cheese (3oz) Mayonnaise/Mustard (1) Potato Salad (1/2c) Peaches (1/4c) Bread (2) Milk 8oz	17-Cheese Cubes (2.5oz) Baby Carrots (1/2c) Dressing/Dip (1) Fresh Fruit (1 piece) Pasta Salad (3/4c) Milk 8oz	18-Taco Salad Seasoned Ground Turkey or Chicken (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Salad Dressing (1) Grape/Cherry Tomato (1/4c) Tortilla Chips Pack (1oz) Milk 8oz	19-Bunwich-Tuna Salad (3oz) Celery Sticks (1/2c) Dressing/Dip (1) Applesauce (1/4c) Bun (1) Milk 8oz	20-Sandwich-Sliced Chicken & Cheese (3oz) Mayonnaise/Mustard (1) Coleslaw (1/2c) Fruit Cocktail (1/4c) Bread (2) Milk 8oz
23-Chicken Salad Scoop (3oz) Baby Carrots (1/2c) Dressing/Dip (1) Peaches (1/4c) Dinner Roll (1) Milk 8oz	24-Sandwich-Sliced Turkey & Cheese (3oz) Mayonnaise/Mustard (1) Potato Salad (1/2c) Fresh Fruit (1 piece) Bread (2) Milk 8oz	25-Chef Salad Hard Boiled Egg (1) Shredded Cheese (.5oz) Mixed Green Salad (1c) Salad Dressing (1) Grape/Cherry Tomato (1/4c) Dinner Roll (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-Egg Salad Scoop (3oz) Baby Carrots (1/2c) Dressing/Dip (1) Peaches (1/4c) Dinner Roll (1) Milk 8oz	December 1-Sandwich-Sliced Chicken & Cheese (3oz) Mayonnaise/Mustard (1) Coleslaw (1/2c) Fresh Fruit (1 piece) Bread (2) Milk 8oz	December 2-Mediterranean Salad Garbanzo Beans (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Salad Dressing (1) Sliced Cucumber (1/4c) Dinner Roll (1) Milk 8oz	December 3-Sandwich-Sliced Turkey & Cheese (3oz) Mayonnaise/Mustard (1) Potato Salad (1/2c) Applesauce (1/4c) Bread (2) Milk 8oz	December 4-Bunwich-Chicken Salad (3oz) Celery Sticks (1/2c) Dressing/Dip (1) Fruit Cocktail (1/4c) Bun (1) Milk 8oz

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Macaroni and Cheese (3/4c) Steamed Green Beans (1/2c) Peaches (1/4c) Milk 8oz	3-Breaded Chicken Tenders (3) or Breaded Chicken Nuggets (5) Oven Potato Fries or Tater Tots (1/2c) Fresh Fruit (1 piece) Ketchup (1) Milk 8oz	4-Hamburger (3oz) Baked Beans (1/2c) Pineapple (1/4c) Bun (1) Ketchup (1) Milk 8oz	5-Beef/Chicken Meatballs in Sauce (4) Corn (1/2c) Applesauce (1/4c) Seasoned Rice (1/2c) Milk 8oz	6-BBQ Chicken Breast (2oz) Steamed Carrots (1/2c) Fruit Cocktail (1/4c) Dinner Roll (1) Milk 8oz
9-Chicken Alfredo Pasta (3/4c) Steamed Green Beans (1/2c) Peaches (1/4c) Pasta in entree (1/2c) Milk 8oz	10-Breaded Chicken Marinara (3.5oz) Mashed Potato (1/2c) Fresh Fruit (1 piece) Dinner Roll (1) Milk 8oz	11-Fajita Seasoned Chicken Breast (2oz) Seasoned Black Beans (1/2c) 100% Fruit Juice (4-6oz) Seasoned Rice (1/2c) Milk 8oz	12-Breaded Chicken Patty (3oz) Oven Potato Fries or Tater Tots (1/2c) Applesauce (1/4c) Bun (1) Ketchup (1) Milk 8oz	13-Beef/Chicken Meatballs in Sauce (4) Corn (1/2c) Fruit Cocktail (1/4c) Dinner Roll (1) Milk 8oz
16-Beefaroni Pasta in Tomato Sauce (3/4c) Steamed Green Beans (1/2c) Peaches (1/4c) Pasta in entree (1/2c) Milk 8oz	17-Breaded Chicken Tenders (3) or Breaded Chicken Nuggets (5) Oven Potato Fries or Tater Tots (1/2c) Fresh Fruit (1 piece) Ketchup (1) Milk 8oz	18-Taco Seasoned Ground Turkey or Chicken (2oz) Seasoned Black Beans (1/2c) 100% Fruit Juice (4-6oz) Tortilla (1) Milk 8oz	19-BBQ Chicken Breast (2oz) Steamed Carrots (1/2c) Applesauce (1/4c) Dinner Roll (1) Milk 8oz	20-Hamburger (3oz) Baked Beans (1/2c) Fruit Cocktail (1/4c) Bun (1) Ketchup (1) Milk 8oz
23-Beef/Chicken Meatballs in Sauce (4) Steamed Green Beans (1/2c) Peaches (1/4c) Dinner Roll (1) Milk 8oz	24-Breaded Mini-Corn Dogs (6) or Breaded Corn Dog (4oz) Baked Beans (1/2c) Fresh Fruit (1 piece) Ketchup (1) Milk 8oz	25-Breaded Chicken Patty (3oz) Oven Potato Fries or Tater Tots (1/2c) Mandarin Oranges (1/4c) Bun (1) Ketchup (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-Macaroni and Cheese (3/4c) Steamed Green Beans (1/2c) Peaches (1/4c) Milk 8oz	December 1-Breaded Chicken Tenders (3) or Breaded Chicken Nuggets (5) Oven Potato Fries or Tater Tots (1/2c) Fresh Fruit (1 piece) Ketchup (1) Milk 8oz	December 2-Hamburger (3oz) Baked Beans (1/2c) Pineapple (1/4c) Bun (1) Ketchup (1) Milk 8oz	December 3-Beef/Chicken Meatballs in Sauce (4) Corn (1/2c) Applesauce (1/4c) Seasoned Rice (1/2c) Milk 8oz	December 4-BBQ Chicken Breast (2oz) Steamed Carrots (1/2c) Fruit Cocktail (1/4c) Dinner Roll (1) Milk 8oz

Quality Culinary
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-Tortilla Chips (1oz) 100% Fruit Juice (6oz)
9-Sun Chips (1oz) 100% Fruit Juice (6oz)	10-Baked Cheetos (1oz) 100% Fruit Juice (6oz)	11-Graham Crackers or Animal Crackers (1oz) Fresh Apple (1)	12-Pretzels (1oz) Cheese Stick (1oz)	13-Goldfish Crackers (.75oz) 100% Fruit Juice (6oz)
16-Baked Cheetos (1oz) 100% Fruit Juice (6oz)	17-Graham Crackers or Animal Crackers (1oz) 100% Fruit Juice (6oz)	18-Goldfish Crackers (.75oz) Fresh Apple (1)	19-Crackers (1oz) Cheese Stick (1oz)	20-Sun Chips (1oz) 100% Fruit Juice (6oz)
23-Goldfish Crackers (.75oz) 100% Fruit Juice (6oz)	24-Tortilla Chips (1oz) 100% Fruit Juice (6oz)	25-Graham Crackers or Animal Crackers (1oz) Fresh Apple (1)	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-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-Tortilla Chips (1oz) 100% Fruit Juice (6oz)