

MFCS Hernando County Menu November 2021

Kelly Urbanik RD, CSP, CNSC, LD/N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk: 1% White milk offered at breakfast, lunch, and snack to all children over age 2. Whole milk offered to all children under age 1. Juice: 100% juice offered for all servings. Condiments: offered as needed.				
This institution is an equal opportunity provider. Menu Subject to Change.				
1 Breakfast:WW Pancakes, Pineapples, Milk Entrée: Chicken Stir Fry, Brown Rice Egg Roll, Apple Slice. Milk Snack: Whole Grain Fish Crackers, Applesauce	2 Breakfast: Blueberry Muffin, Pears, Milk Entrée: Chicken Nuggets, Mashed Potatoes, Green Beans, Mix Fruit, Milk Snack: Whole Grain Crackers, Orange Juice	3 Breakfast: Sausage & Biscuit, Orange Wedges, Milk Entrée: Corn Dogs, Oven Fries, Broccoli w/ Cheese, Pineapple, Milk Snack: Applesauce, Whole Grain Muffin	4 Breakfast: Whole Grain Bagel, Apple Slices, Milk Entrée: Rib B Q, Vegetable Medley, Peaches, Whole Grain Roll, Milk Snack: Sun Chips, Milk	5 Breakfast :WW French Toast Oranges, Milk Entrée: Cheese Pizza, Salad, Tropical Fruit, Milk Snack: Sliced Turkey, Pears
8 Breakfast: Whole Grain Waffle Sticks, Pineapples, Milk Entrée: Baked Sliced Ham, Green Beans, Pears, Whole Wheat Roll, Milk Snack: Turkey, Sliced Cheese	9 Breakfast: Rice Crispy, Banana, Milk Entrée: Lasagna, Green Beans, Fruit Salad, Italian Bread, Milk Snack: Whole Grain Pita, Ham	10 Breakfast: Sausage Egg & Cheese Biscuit, Orange Slices, Milk Entrée: Pot Roast, Mashed Potatoes, Gravy, Peas, Carrots, Peaches, Whole Wheat Roll, Milk Snack: Whole Wheat Bread, Peanut Butter/Jelly	11 <div>No School Holiday</div>	12 Breakfast: Cereal, Banana, Milk Entrée: Cheese Pizza, Salad , Pears Milk Snack: Whole Wheat Crackers, Tropical Fruit
15 Breakfast:WW Pancakes, Cinnamon Apples, Milk Entrée: Ham, Macaroni and Cheese, Broccoli, Pears Milk Snack: Cottage Cheese, Pineapple	16 Breakfast: Cheerios, Mandarin Oranges, Milk Entrée: Sloppy Jo on Bun Oven Fries, Peaches, Milk Snack: Applesauce, Whole Grain Muffin	17 Breakfast: Sausage & Biscuit, Pineapples, Milk Entrée: Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk Snack: ½ Tukey Sandwich on Whole Wheat Bread	18 Breakfast: Corn Flakes, Strawberries, Milk Entrée: Turkey W/Gravy Mashed Potatoes, Green Beans, Apple Sauce, Whole Wheat Roll Snack: Fresh Apple Slices, Yogurt Cup	19 Breakfast :WW French Toastl , Orange Juice, Milk Entrée: Cheese Pizza, Salad, Peaches, Milk Snack: Whole Grain Fish Crackers, Apple sauce
22 Thanksgiving Week No School	23 Thanksgiving Week No School	24 Thanksgiving Week No School	25 Thanksgiving Week No School	26 Thanksgiving Week No School
29 Breakfast: Whole Grain Waffle Sticks, Pineapples, Milk Entrée: Baked Sliced Ham, Vegetable Medley, Pears, Whole Wheat Roll, Milk Snack: Turkey, Sliced Cheese	30 Breakfast: Rice Crispy, Banana, Milk Entrée: Spaghetti, Green Beans, Fruit Salad, Italian Bread, Milk Snack: Whole Grain Pita, Ham			