

# COOKS CULINARY MANAGEMENT

## Monthly Menu Calendar

November 1 - November 26

	Monday 11/1	Tuesday 11/2	Wednesday 11/3	Thursday 11/4	Friday 11/5
<b>LUNCH</b>					
Meat/Meat Alternate	2 oz. Chicken Nuggets (CN)	2 oz. Smothered Chicken	4 oz. Turkaroni	Chicken (2 oz) Fried Rice	2 oz. Turkey and Cheese
Whole Grain/Grain Alternate	1 oz. Grain	1 oz. Grain	1 oz. Crackers	4 oz. Rice	Sliced Bread
Vegetable or Fruit	4 oz. Mandarin Oranges	4 oz. Mashed Potatoes	4 oz. Peaches	4 oz. Applesauce	4 oz. Pineapple Tidbits
Vegetable	4 oz. Green Beans	8 oz. 100% Vegetable Juice	4 oz. Celery	4 oz. Peas and Carrots	4 oz. Carrots w/ranch
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<i>* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>					

	Monday 11/8	Tuesday 11/9	Wednesday 11/10	Thursday 11/11	Friday 11/12
<b>LUNCH</b>					
Meat/Meat Alternate	2 oz. Turkey Sausage	General Tso's Chicken	2 oz. Turkey Burgers	2 oz. Chicken Strips (CN)	2 oz. Cheddar Cheese
Whole Grain/Grain Alternate	1 oz. WG Waffle	Rice	Slider Buns	1 oz. Grain	4 oz. Macaroni Noodles
Vegetable or Fruit	4 oz. Homefries	4 oz. Pineapple Tidbits	4 oz. Mandarin Oranges	4 oz. Tater Tots	4 oz. Sliced Pears
Vegetable	4 oz. Fruit Cocktail	4 oz. Baby Carrots w/ Ranch Dip	4 oz. Mixed Vegetables	8 oz. 100% Vegetable Juice	4 oz. Tossed Salad
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
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	Monday 11/15	Tuesday 11/16	Wednesday 11/17	Thursday 11/18	Friday 11/19
<b>LUNCH</b>					
Meat/Meat Alternate	2 oz. Breaded Chicken Patty	2 oz. Turkey BBQ Meatballs (CN)	2 oz. Fish Sticks (CN)	2 oz. Turkey and Cheese	2 oz. Sweet n Sour Popcorn
Whole Grain/Grain Alternate	Hamburger Bun	1 oz. Grain	1 oz. Grain	1 oz. Sliced Bread	Chicken
Vegetable or Fruit	4 oz. Applesauce	4 oz. Fruit Cocktail	4 oz. Sliced Peaches	4 oz. Sliced Pears	4 oz. Rice
Vegetable	4 oz. Baked Beans	4 oz. Mashed Potatoes	4 oz. Green Beans	4 oz. Celery	4 oz. Mandarin Oranges
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain

	Monday 11/22	Tuesday 11/23	Wednesday 11/24	Thursday 11/25	Friday 11/26
<b>LUNCH</b>					
Meat/Meat Alternate	2 oz. Chicken Nuggets (CN)	2 oz. Smothered Chicken	4 oz. Turkaroni	Chicken (2 oz) Fried Rice	2 oz. Turkey and Cheese
Whole Grain/Grain Alternate	1 oz. Grain	1 oz. Grain	1 oz. Crackers	4 oz. Rice	Sliced Bread
Vegetable or Fruit	4 oz. Mandarin Oranges	4 oz. Mashed Potatoes	4 oz. Peaches	4 oz. Applesauce	4 oz. Pineapple Tidbits
Vegetable	4 oz. Green Beans	8 oz. 100% Vegetable Juice	4 oz. Celery	4 oz. Peas and Carrots	4 oz. Carrots w/ranch
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<i>* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>					



When "Grain" is listed, a CN labeled product has been used to provide the required grain component of the meal. CN labels are kept on file and can be provided to you upon request. To submit a request, please visit [www.cooksculinary.com](http://www.cooksculinary.com) and visit our support page.

COOKS CULINARY  
MANAGEMENT

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