



NOVEMBER

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.</p> <p>Carb grams indicated in ORANGE.</p>	<p>High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit option</p>	<p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p>	<p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 270mg Sugar: 54g</p>	<p>Cocoa Puffs Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 345 Sodium: 145mg Sugar: 48g</p>
6	7	8	9	10
<p>SB Nutrigrain 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 350 Sod: 220mg Sugars: 48g</p>	<p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p>	<p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p>	<p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 280mg Sugar: 50g</p>	<p>Trix Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 345 Sodium: 145mg Sugar: 48g</p>
13	14	15	16	17
<p>Apple Nutrigrain 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 350 Sod: 205mg Sugars: 48g</p>	<p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p>	<p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p>	<p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 280mg Sugar: 50g</p>	<p>Cocoa Puffs Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 345 Sodium: 145mg Sugar: 48g</p>
20	21	22	23	24
27	28	29	30	
<p>SB Nutrigrain 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 350 Sod: 220mg Sugars: 48g</p>	<p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p>	<p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p>	<p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 280mg Sugar: 50g</p>	

Menus are subject to change due to availability of food or unplanned school closings.
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 Contact THERESA BARNES 937-239-1453 or SAM BARNES 937-238-2510



NOVEMBER

MT AUBURN LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>Carb grams indicated in ORANGE.</p> <p>Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g</p>	<p>High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit option</p>	<p>WG Corn Dog 25g Veg Baked Beans 30g Mixed Fruit Cup 22g Cal: 510 Sodium: 649mg Sugar: 67g</p>	<p>Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g</p>	<p>Mac & Cheese 31g Broccoli 3g Cornbread Muffin 24g Pear 25g Cal: 387 Sodium: 424mg Sugar: 21</p>
6	7	8	9	10
<p>Roast Beef & Cheese on a WG Bun 24g Mixed Veggies 12g Mixed Fruit Cup 22g Cal: 436 Sod: 754mg Sugar: 26g</p>	<p>Taco Tuesday Hard Beef Taco 4g Corn & Bean Salad 19g Pears 25g Cal: 485 Sodium: 655mg Sugar: 26g</p>	<p>Chix Patty 13g on a WG Biscuit 19g Roasted Pot 24g Mixed Fruit Cup 22g Cal: 579 Sodium: 786mg Sugar: 45g</p>	<p>Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g</p>	<p>Chicken Stir-Fry 20g Caribbean Veggies 3g Fortune Cookie 16g Banana 27g Cal: 385 Sodium: 265mg Sugar: 32g</p>
13	14	15	16	17
<p>Turkey & Cheese SUB on a WG Bun 27g WG Chips + Carrots 19g/4g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g</p>	<p>Taco Tuesday Chix Walking Taco 3g Corn & Bean Salad 19g Pears 25g Cal: 485 Sodium: 655mg Sugar: 26g</p>	<p>WG Corn Dog 25g Veg Baked Beans 30g Mixed Fruit Cup 22g Cal: 510 Sodium: 649mg Sugar: 67g</p>	<p>Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g</p>	<p>Rice & Stew 36g Mixed Veggies 7g WG Bread 24g Mixed Fruit Cup 22g Cal: 535 Sodium: 215mg Sugar: 9g</p>
20	21	22	23	24
27	28	29	30	
<p>Roast Beef & Cheese on a WG Bun 24g Mixed Veggies 12g Banana 27g Cal: 436 Sod: 754mg Sugar: 26g</p>	<p>Taco Tuesday Chix Burrito 25g Corn & Bean Salad 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g</p>	<p>Chix Patty 13g on a WG Biscuit 19g Roasted Pot 24g Mixed Fruit Cup 22g Cal: 579 Sodium: 786mg Sugar: 45g</p>	<p>Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g</p>	

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