

NOVEMBER 2020 GRAB + GO CAFE MEALS CARBS

MONDAY 11/2/20		TUESDAY 11/3/20		WEDNESDAY 11/4/20 + 11/5/20 ALL SITES CLOSED ON THURSDAY		FRIDAY 11/6/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY							
CARB		CARB		BREAKFAST CARB		CARB							
Cinnamon Roll^{^WG}	45	NO SCHOOL	Bagel^{WG} w/ Cream Cheese[^]	Egg + Cheese Wrap^{^WG}	14	Raspberry Bar^{^WG}	35	Pancakes^{^WG}	35	Cinnamon Chex^{^WG}	45		
Orange Juice	13				25/2	Orange Juice	13	Orange Juice	13	Orange Juice	13		
Milk	13-20			Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20		
			Milk	13-20									
LUNCH													
Pizza^{^WG}	29-31	NO SCHOOL	Turkey⁺ + Cheese Sandwich^{WGIW}	27-30	Chicken Drumstick^{^WG} w/ Seasoned Potatoes + Roll^{WG}	30/26	French Toast Sticks^{WG} w/ Sausage[*]	35	Hard Cooked Eggs Protein Pack[^]	11	Yogurt[^] w/ Granola^{WG}	38/47	
Broccoli w/ Ranch	3/13			Grape Tomatoes w/ Ranch	4/13	Blueberry Cup	9	Applesauce Cup	15	Craisins	27	Celery w/ Peanut Butter Cup ^p	5/7
Applesauce Cup	15			Dried Fruit Mix	30	Milk	13-20	Fresh Fruit	7-26	Milk	13-20	Mixed Berry Cup	20
Milk	13-20		Milk	13-20			Milk	13-20			Milk	13-20	
SUPPER													
Chicken Patty⁺ Sandwich^{WG}	37	NO SCHOOL	Peanut Butter + Jelly Sandwich^{p WG}	64	Turkey Ham⁺ + Cheese Sandwich^{WGIW}	29							
Salsa Cup	5			Veggie Juice	10	Celery w/ Ranch	3/13						
Strawberry Cup	22			Fresh Fruit	7-26	Fruit Sorbet	21						
Milk	13-20		Milk	13-20	Milk	13-20							
SNACK													
Cereal Bowl^{WG}	23	NO SCHOOL	Hummus Cup[^]	18	Cereal Bar^{^WG}	24							
Milk	13-20			Baby Carrots	8	Capri Sun Juice	21						
				Orange Juice	13								

Do you need food? Contact 311 and ask for the Food Access Call Center! Tell the operator the language you speak. You will receive a call back in the language of your choice. You will receive information about free meal and grocery delivery, SNAP (Food Stamps) and different local food providers in your community. No identifying information is needed.

Menu subject to change due to product supply.

Menu Key: ~ Beef Carb Carbohydrates IW Individually Wrapped ^ Meatless p Peanuts * Pork + Poultry WG = Whole Grain

ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^p · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheddar Cheese Cup[^] · Cheese Stick[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

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NOVEMBER 2020 GRAB + GO CAFE MEALS CARBS

MONDAY 11/9/20		TUESDAY 11/10/20		WEDNESDAY 11/11/20 + 11/12/20 ALL SITES CLOSED ON THURSDAY		FRIDAY 11/13/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY						
CARB		CARB		BREAKFAST		CARB						
NO SCHOOL	Rice Krispies ^{^WG}	23	Bagel ^{WG} w/ Cream Cheese [^]	Egg + Cheese Wrap ^{^WG}	14	Pancakes ^{^WG}	35	Raspberry Bar ^{^WG}	35	Cinnamon Chex ^{^WG}	45	
	Orange Juice	13		25/2	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13
	Milk	13-20	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
			Milk	13-20								
LUNCH												
NO SCHOOL	Turkey Ham ⁺ + Cheese Sandwich ^{WG IW}	29	Chicken Nuggets ^{^WG} w/ Corn	29	Potato Crunch Fish Sandwich ^{^WG}	41	Thai Sweet Chili Chicken ⁺ w/ Veggie Rice ^{WG}	74	Turkey ⁺ + Cheese Sandwich ^{WG IW}	27-30	Cheese Cavatappi ^{^WG}	36
	Hummus Cup	18	Fresh Fruit	7-26	Grape Tomatoes w/ Ranch	4/13	Cucumber Slices w/ Ranch	3/13	Baby Carrots	8	Celery w/ Peanut Butter Cup ^p	5/7
	Applesauce Cup	15	Milk	13-20	Blueberry Cup	9	Fresh Fruit	7-26	Fruit Sorbet	21	Strawberry Cup	22
	Milk	13-20			Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
SUPPER												
NO SCHOOL	Yogurt [^] + Granola ^{WG}	38/47	Hard Cooked Eggs Protein Pack [^]	11	Turkey ⁺ + Cheese Sandwich ^{WG IW}	27-30						
	Veggie Juice	10	Cereal Bar ^{^WG}	140	Salsa Cup	5						
	Mixed Berry Cup	20	Dried Fruit Mix	30	Fresh Fruit	7-26						
	Milk	13-20	Milk	13-20	Milk	13-20						
SNACK												
NO SCHOOL	Cheddar Cheese Cup + Pretzel ^{^WG IW}	14/30	Cereal Bowl ^{WG}	23	Peanut Butter Cup ^p	7						
			Milk	13-20	Grahams ^{WG}	21						

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Menu subject to change due to product supply.

ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^p · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR

Cheddar Cheese Cup[^] · Cheese Stick[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

Menu Key: ~ Beef Carb Carbohydrates IW Individually Wrapped ^ Meatless p Peanuts * Pork + Poultry WG = Whole Grain

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NOVEMBER 2020 GRAB + GO CAFE MEALS CARBS

MONDAY 11/16/20		TUESDAY 11/17/20		WEDNESDAY 11/18/20 + 11/19/20 ALL SITES CLOSED ON THURSDAY		FRIDAY 11/20/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CARB		CARB		BREAKFAST		CARB	
Cinnamon Roll^{^WG} 38	Rice Krispies^{^WG} 23	Bagel^{WG} w/ Cream Cheese[^] 25/2	Egg + Cheese Wrap^{^WG} 14	Pancakes^{^WG} 35	Cinnamon Chex^{^WG} 45	Cereal Bar^{^WG} 24	
Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	
LUNCH							
Pizza^{^WG} 29-31	Turkey⁺ + Cheese Sandwich^{WG IW} 27-30	Chicken Drumstick^{^WG} w/ Seasoned Potatoes + Roll^{WG} 30/26	Turkey Hot Dog⁺ on Bun^{WG} w/ Ranchero Beans 31	Cheese Crunchers^{^WG} w/ Broccoli 45	Twin Mini Cheeseburgers^{-WGIW} 36	Protein Pack[^] 39	
Baby Carrots 8	Grape Tomatoes w/ Ranch 4/13	Fresh Fruit 7-26	Strawberry Cup 22	Fresh Fruit 7-26	Celery w/ Peanut Butter Cup ^p 5/7	Mixed Berry Cup 20	
Applesauce Cup 15	Dried Fruit Mix 30	Milk 13-20	Milk 13-20	Milk 13-20	Peaches 13	Milk 13-20	
Milk 13-20	Milk 13-20				Milk 13-20		
SUPPER							
Turkey Ham⁺ + Cheese Sandwich^{WG IW} 29	Peanut Butter + Jelly Sandwich^{p WG} 64	Turkey⁺ + Cheese Sub^{WG} 30	Yogurt[^] + Granola^{WG} 38/47				
Veggie Juice 10	Celery w/ Ranch 3/13	Grape Tomatoes w/ Ranch 4/13	Veggie Juice 10				
Mixed Fruit 18	Fresh Fruit 7-26	Orange Juice 13	Mixed Berry Cup 20				
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20				
SNACK							
Grahams^{^WG} 21	Cheddar Cheese Cup + Pretzel^{^WGIW} 14/30	Cereal Bowl^{WG} 23	Hummus Cup[^] 18				
Capri Sun Juice 21		Milk 13-20	Baby Carrots 8				
			Orange Juice 60				

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Menu subject to change due to product supply.

ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^p · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR
Cheddar Cheese Cup[^] · Cheese Stick[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

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NOVEMBER 2020 GRAB + GO CAFE MEALS CARBS

MONDAY 11/23/20		TUESDAY 11/24/20		WEDNESDAY 11/25/20 + 11/26/20 ALL SITES CLOSED ON THURSDAY		FRIDAY 11/27/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CARB		CARB		BREAKFAST CARB		CARB	
Cinnamon Roll^{^WG} 38	Rice Krispies^{^WG} 23	Bagel^{WG} w/ Cream Cheese[^] 25/2		Cinnamon Chex^{^WG} 45	Pancakes^{^WG} 35	Raspberry Bar^{^WG} 35	
Orange Juice 13	Orange Juice 13	Orange Juice 13	NO SCHOOL	Orange Juice 13	Orange Juice 13	Orange Juice 13	
Milk 13-20	Milk 13-20	Milk 13-20		Milk 13-20	Milk 13-20	Milk 13-20	
LUNCH							
Pizza^{^WG} 29-31	Turkey Ham⁺ + Cheese Sandwich^{WG IW} 29	Turkey⁺ + Stuffing^{WG} + Mashed Potatoes + Green Beans w/ Cranberry Sauce 53		Cheese Crunchers^{^WG} w/ Broccoli 45	Turkey⁺ + Cheese Sandwich^{WGIW} 27-30	Cheese Cavatappi^{^WG} 36	
Baby Carrots 8	Veggie Juice 10	Fruit Sorbet 21	NO SCHOOL	Fresh Fruit 7-26	Salsa Cup 5	Marinara Cup 7	
Applesauce Cup 15	Fresh Fruit 7-26	Milk 13-20		Milk 13-20	Strawberry Cup 22	Craisins 27	
Milk 13-20	Milk 13-20	Milk 13-20			Milk 13-20	Milk 13-20	
SUPPER							
Turkey⁺ + Cheese Sandwich^{WGIW} 27-30	Cheddar Cheese Cup + Cheese Stick[^] + Pretzel^{^WGIW} 15/30	Twin Mini Cheeseburgers^{~WGIW} 36					
Veggie Juice 10	Salsa Cup 5	Celery + Grape Tomatoes w/ Ranch 2/13	NO SCHOOL				
Strawberry Cup 22	Craisins 27	Applesauce Cup 15					
Milk 13-20	Milk 13-20	Milk 13-20					
SNACK							
Cereal Bowl^{WG} 23	Peanut Butter Cup^p 7	Snack Kit^{WG} 43					
Milk 13-20	Grahams ^{WG} 21		NO SCHOOL				

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MONDAY 11/30/20		TUESDAY 12/1/20		WEDNESDAY 12/2/20 + 12/3/20 ALL SITES CLOSED ON THURSDAY		FRIDAY 12/4/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY							
CARB		CARB		CARB		CARB		CARB					
BREAKFAST													
Cinnamon Roll^{^WG}	38	Rice Krispies^{^WG}	23	Bagel^{WG} w/ Cream Cheese[^]	25/2	Egg + Cheese Wrap^{^WG}	14	Pancakes^{^WG}	35	Cinnamon Chex^{^WG}	45	Cereal Bar^{^WG}	24
Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
LUNCH													
Pizza^{^WG}	29-31	Twin Mini Cheeseburgers^{-WGIW}	36	Turkey Carnitas⁺ w/ Corn + Dinner Roll^{WG}	26/26	Mandarin Orange Chicken⁺ w/ Veggie Rice^{WG}	46	Spicy Chicken Bites^{+WG} w/ Cheesy Spinach	19	Protein Pack[^]	39	Turkey⁺ + Cheese Sandwich^{WGIW}	27-30
Baby Carrots	8	Peaches	13	Fresh Fruit	7-26	Cucumber Slices w/ Ranch	3/13	Celery w/ Ranch	11/13	Mixed Berry Cup	20	Hummus Cup	18
Applesauce Cup	15	Fruit Sorbet	21	Milk	13-20	Strawberry Cup	22	Fresh Fruit	7-26	Milk	13-20	Dried Fruit Mix	30
Milk	13-20	Milk	13-20			Milk	13-20	Milk	13-20			Milk	13-20
SUPPER													
Peanut Butter + Jelly Sandwich^{p WG}	64	Turkey Ham⁺ + Cheese Sandwich^{WG IW}	29	Yogurt[^] + Granola^{WG}	38/47	Turkey⁺ + Cheese Sub^{WG}	30						
Veggie Juice	10	Salsa Cup	5	Veggie Juice	10	Salsa Cup	5						
Craisins	27	Fresh Fruit	7-26	Blueberry Cup	9	Mixed Fruit	18						
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20						
SNACK													
Cereal Bowl^{WG}	23	Cheddar Cheese Cup + Pretzel^{^WGIW}	14/30	Hummus Cup[^]	18	Bagel^{WG} w/ Cream Cheese[^]	25/2						
Milk	13-20			Baby Carrots	8	Cheese Stick [^]	1						
				Orange Juice	13								

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