

November 2022 Shelf Stable Menu

Dinner	Mon, October 31	Amount	Tue, November 1	Amount	Wed, November 2	Amount	Thu, November 3	Amount	Fri, November 4	Amount
Bread/Grain			BBQ Bites		Pizza Sticks		Yogart		Turkey Sticks	
Meat/Alt			Sunshine Cracker Cheezit WG 1. oz	1.0oz	WG Goldfish Pretzels 0.75oz	1.0oz	MJM Maple Waffle Graham 1oz	1.0oz	Butterball Honey Turkey Snack Stick	1.0oz
Meat/Alt			Sunflower Kernels, Roasted & Salted,	1.0oz	OB Beef Stick w/ Pepperoni Seasoning	1.1oz	SS Yogurt, Summer Berries, 4 oz	1.0oz	Gilman Shelf Stable White Cheddar 1o	1.0oz
Meat/Alt			White Meat Chicken Tender Bites Sweet	1.0oz	Gilman Shelf Stable Ranch Cheddar 1o	1.0oz	Sunflower Kernels, Roasted & Salted,	1.0oz		
Fruit/Veg			Apple and Eve Fruitables 4.23 oz Tro	0.5cup	Craisins-Cherry 1.16 oz.	0.3cup	Dragon Punch VBlend 4.23 oz	0.5cup	Craisins - Orange 1.16oz	0.3cup
Fruit/Veg			Craisins - Orange 1.16 oz.	0.3cup	Marinara Cup	0.5cup	Craisins - Strawberry 1.16 oz	0.3cup	MC - 4.23oz Gold Rush VBlend	0.5cup
Dairy			RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz
	Mon, November 7	Amount	Tue, November 8	Amount	Wed, November 9	Amount	Thu, November 10	Amount	Fri, November 11	Amount
Bread/Grain	BBQ Bites		Pizza Sticks		Yogart		Turkey Sticks		BBQ Bites	
Meat/Alt	Sunshine Cracker Cheezit WG 1. oz	1.0oz	WG Goldfish Pretzels 0.75oz	1.0oz	MJM Maple Waffle Graham 1oz	1.0oz	Butterball Honey Turkey Snack Stick	1.0oz	Sunshine Cracker Cheezit WG 1. oz	1.0oz
Meat/Alt	Sunflower Kernels, Roasted & Salted,	1.0oz	OB Beef Stick w/ Pepperoni Seasoning	1.1oz	SS Yogurt, Summer Berries, 4 oz	1.0oz	Gilman Shelf Stable White Cheddar 1o	1.0oz	Sunflower Kernels, Roasted & Salted,	1.0oz
Meat/Alt	White Meat Chicken Tender Bites Sweet	1.0oz	Gilman Shelf Stable Ranch Cheddar 1o	1.0oz	Sunflower Kernels, Roasted & Salted,	1.0oz			White Meat Chicken Tender Bites Sweet	1.0oz
Fruit/Veg	Craisins - Orange 1.16 oz.	0.3cup	Craisins-Cherry 1.16 oz.	0.3cup	Dragon Punch VBlend 4.23 oz	0.5cup	Craisins - Orange 1.16oz	0.3cup	Craisins - Orange 1.16 oz.	0.3cup
Fruit/Veg	Apple and Eve Fruitables 4.23 oz Tro	0.5cup	Marinara Cup	0.5cup	Craisins - Strawberry 1.16 oz	0.3cup	MC - 4.23oz Gold Rush VBlend	0.5cup	Apple and Eve Fruitables 4.23 oz Tro	0.5cup
Dairy	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz
	Mon, November 14	Amount	Tue, November 15	Amount	Wed, November 16	Amount	Thu, November 17	Amount	Fri, November 18	Amount
Bread/Grain	Pizza Sticks		Yogart		Turkey Sticks		BBQ Bites		Pizza Sticks	
Meat/Alt	WG Goldfish Pretzels 0.75oz	1.0oz	MJM Maple Waffle Graham 1oz	1.0oz	Butterball Honey Turkey Snack Stick	1.0oz	Sunshine Cracker Cheezit WG 1. oz	1.0oz	WG Goldfish Pretzels 0.75oz	1.0oz
Meat/Alt	OB Beef Stick w/ Pepperoni Seasoning	1.1oz	SS Yogurt, Summer Berries, 4 oz	1.0oz	Gilman Shelf Stable White Cheddar 1o	1.0oz	Sunflower Kernels, Roasted & Salted,	1.0oz	OB Beef Stick w/ Pepperoni Seasoning	1.1oz
Meat/Alt	Gilman Shelf Stable Ranch Cheddar 1o	1.0oz	Sunflower Kernels, Roasted & Salted,	1.0oz			White Meat Chicken Tender Bites Sweet	1.0oz	Gilman Shelf Stable Ranch Cheddar 1o	1.0oz
Fruit/Veg	Craisins-Cherry 1.16 oz.	0.3cup	Dragon Punch VBlend 4.23 oz	0.5cup	Craisins - Orange 1.16oz	0.3cup	Craisins - Orange 1.16 oz.	0.3cup	Craisins-Cherry 1.16 oz.	0.3cup
Fruit/Veg	Marinara Cup	0.5cup	Craisins - Strawberry 1.16 oz	0.3cup	MC - 4.23oz Gold Rush VBlend	0.5cup	Apple and Eve Fruitables 4.23 oz Tro	0.5cup	Marinara Cup	0.5cup
Dairy	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz
	Mon, November 21	Amount	Tue, November 22	Amount	Wed, November 23	Amount	Thu, November 24	Amount	Fri, November 25	Amount
Bread/Grain	Yogart		Turkey Sticks		BBQ Bites		Pizza Sticks		Yogart	
Meat/Alt	MJM Maple Waffle Graham 1oz	1.0oz	Butterball Honey Turkey Snack Stick	1.0oz	Sunshine Cracker Cheezit WG 1. oz	1.0oz	WG Goldfish Pretzels 0.75oz	1.0oz	MJM Maple Waffle Graham 1oz	1.0oz
Meat/Alt	SS Yogurt, Summer Berries, 4 oz	1.0oz	Gilman Shelf Stable White Cheddar 1o	1.0oz	Sunflower Kernels, Roasted & Salted,	1.0oz	OB Beef Stick w/ Pepperoni Seasoning	1.1oz	SS Yogurt, Summer Berries, 4 oz	1.0oz
Meat/Alt	Sunflower Kernels, Roasted & Salted,	1.0oz			White Meat Chicken Tender Bites Sweet	1.0oz	Gilman Shelf Stable Ranch Cheddar 1o	1.0oz	Sunflower Kernels, Roasted & Salted,	1.0oz
Fruit/Veg	Dragon Punch VBlend 4.23 oz	0.5cup	Craisins - Orange 1.16oz	0.3cup	Craisins - Orange 1.16 oz.	0.3cup	Marinara Cup	0.5cup	Dragon Punch VBlend 4.23 oz	0.5cup
Fruit/Veg	Craisins - Strawberry 1.16 oz	0.3cup	MC - 4.23oz Gold Rush VBlend	0.5cup	Apple and Eve Fruitables 4.23 oz Tro	0.5cup	Craisins-Cherry 1.16 oz.	0.3cup	Craisins - Strawberry 1.16 oz	0.3cup
Dairy	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz
	Mon, November 28	Amount	Tue, November 29	Amount	Wed, November 30	Amount				
Bread/Grain	Turkey Sticks		BBQ Bites		Pizza Sticks					
Meat/Alt	Butterball Honey Turkey Snack Stick	1.0oz	Sunshine Cracker Cheezit WG 1. oz	1.0oz	WG Goldfish Pretzels 0.75oz	1.0oz				
Meat/Alt	Gilman Shelf Stable White Cheddar 1o	1.0oz	Sunflower Kernels, Roasted & Salted,	1.0oz	OB Beef Stick w/ Pepperoni Seasoning	1.1oz				
Meat/Alt			White Meat Chicken Tender Bites Sweet	1.0oz	Gilman Shelf Stable Ranch Cheddar 1o	1.0oz				
Fruit/Veg	Craisins - Orange 1.16oz	0.3cup	Craisins - Orange 1.16 oz.	0.3cup	Craisins-Cherry 1.16 oz.	0.3cup				
Fruit/Veg	MC - 4.23oz Gold Rush VBlend	0.5cup	Apple and Eve Fruitables 4.23 oz Tro	0.5cup	Marinara Cup	0.5cup				
Dairy	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz	RF - Shelf Stable White Milk 1% 8oz	8 oz				