

# ELLIS 2025 November MENU

\* Meal and meal component substitutions made by iCater may occur without notice and will meet or exceed all SLP or CACFP meal pattern requirements.

\* Meal and meal component substitutions requested by the customer, may not meet all SLP or CACFP meal pattern requirements.



iCater

| Monday                                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Breakfast</b> – Corn Muffin (1ea), Milk (8oz), Orange (1ea)</p> <p><b>Lunch</b> – Chicken (3oz), Parmesan WW pasta (2oz), Broccoli (3/4 cup), Milk (8oz), Apple (1ea)</p> <p><b>Snack</b> – Cheese Stick (1oz), Graham Crackers (2ea)</p> <p>3</p>                          | <p><b>Breakfast</b> – Cheerios, Milk (8oz), Apple (1ea)</p> <p><b>Lunch</b> – Breaded Chicken Tenders (2ea) with BBQ Dipping Sauce (1oz), Carrots (3/4 cup), WW Dinner Roll (1oz), butter (1oz),-Milk (8oz), Pears (4oz)</p> <p><b>Snack</b> – Unsweetened Apple sauce (4oz), saltines (2ea)</p> <p>4</p> | <p><b>Breakfast</b> – WW Bagel (1), Cream Cheese, Milk (8oz) , Banana (1ea)</p> <p><b>Lunch</b> – Roast Turkey (3oz) &amp; Gravy, 1oz), Mashed Potato ½ cup, Mixed Vegetables(1/2 cup), WW Roll (1ea), butter</p> <p><b>Snack</b> – Goldfish crackers (1ea), yogurt (4 oz)</p> <p>5</p>                 | <p><b>Breakfast</b> – Apple Muffin (1ea), Milk (8oz), Apple (1ea)</p> <p><b>Lunch</b> – Cheeseburger (3oz patty), Cheese (1), WW Bun (1oz), Ketchup (3oz), Mixed Vegetables (3/4 cup),Milk (8oz), Cantaloupe (1 slice)</p> <p><b>Snack</b> – Cheez-its (1pk), Apple (1ea)</p> <p>6</p>    | <p><b>Breakfast</b> – Chex Cereal, Milk (8oz), Banana(1ea)</p> <p><b>Lunch</b> – Mac &amp; Cheese (6oz), Popcorn Chicken (9), Green Beans (3/4 cup), WW Roll (1oz), butter (1oz), Milk (8oz), Chilled Peaches (4oz)</p> <p><b>Snack</b> – Sun chips (1oz, Tropical Fruit Cups (4 oz)</p> <p>7</p>                 |
|  <p>10</p>                                                                                                                                                                                        |  <p>11</p>                                                                                                                                                                                                               | <p><b>Breakfast</b> – WW Bagel (1), Cream Cheese, Milk (8oz), Banana (1ea)</p> <p><b>Lunch</b> – Chicken &amp; Spaghetti Marinara, (6oz), Mixed vegetables (3/4 cup, Milk (8oz), Apple</p> <p><b>Snack</b> - Goldfish crackers (1ea), yogurt (4 oz)</p> <p>12</p>                                       | <p><b>Breakfast</b> – Apple Muffin (1ea), Milk (8oz), Apple (1ea)</p> <p><b>Lunch</b> –Chicken Nuggets (8), w/ Sour Dipping Sauce (2oz), carrots (3/4 cup), WW Dinner Roll (1), butter (1oz), Milk (8oz), Mandarins (4oz)</p> <p><b>Snack</b> – Cheez-its (1pk, Apple (1ea)</p> <p>13</p> | <p><b>Breakfast</b> – Chex Cereal, Milk (8oz), Banana (1ea)</p> <p><b>Lunch</b> – Cheese Ravioli (6) and meatballs (4) with marinara, Cali-Gold Vegetables (3/4 cup), WW Dinner Roll (1oz), Butter, Milk (8oz), Chilled Pears (4oz)</p> <p><b>Snack</b> -Sun chips (1oz, Tropical Fruit Cups (4 oz)</p> <p>14</p> |
| <p><b>Breakfast</b> – Corn Muffin (1ea), Milk (8oz), Orange (1ea)</p> <p><b>Lunch</b> -- Beef Tacos (2ea), Brown Rice &amp; Beans (1/2 cup),Green Beans (3/4 cup), Milk (8oz), Cantaloupe (1 slice)</p> <p><b>Snack</b> – Cheese Stick (1oz), Graham Crackers (2ea)</p> <p>17</p> | <p><b>Breakfast</b> – Cheerios, Milk (8oz), Apple (1ea)</p> <p><b>Lunch</b> – Meat Lasagna (10oz), Broccoli (3/4 cup), WW Bread Slice (1oz), w/Butter, Milk (8oz), Chilled Peaches (4oz)</p> <p><b>Snack</b> – Unsweetened Apple sauce (4oz), saltines (2ea)</p> <p>18</p>                                | <p><b>Breakfast</b> – WW Bagel (1), Cream Cheese, Milk (8oz), Banana (1ea)</p> <p><b>Lunch</b> – Mac &amp; Cheese (6oz), Popcorn Chicken (9), WW Roll (1oz), butter, Sliced Carrots(1/2 cup), Milk (8oz), Honey Dew (1 slice</p> <p><b>Snack</b> – Goldfish crackers (1ea), yogurt (4 oz)</p> <p>19</p> | <p><b>Breakfast</b> – Apple Muffin(1ea), Milk (8oz), Apple(1ea)</p> <p><b>Lunch</b> – Cheeseburger (3oz), Cheese (1oz), WW Burger Bun (1oz), Ketchup (3oz), Peas &amp; Carrots (3/4 cup), Milk (8oz), Orange</p> <p><b>Snack</b> – Cheez-its (1pk), Apple (1ea)</p> <p>20</p>             | <p><b>Breakfast</b> – Chex, Cereal, Milk (8oz), Banana(1ea)</p> <p><b>Lunch</b> – Cheese Pasta Roll-up (1ea), w/ Meatballs (6) &amp; Tomato Sauce, mixed Vegetables (3/4 cup), WW Roll (1oz), butter, Milk (8oz), Apples</p> <p><b>Snack</b> – Sun chips (1oz, Tropical Fruit Cups (4 oz)</p> <p>21</p>           |
| <p><b>Breakfast</b> – Corn Muffin (1ea), Milk (8oz), Orange (1ea)</p> <p><b>Lunch</b> – Quesadilla Pizza, (1ea) Green Beans (1/2 cup, Milk (8oz), Chilled Mandarins (4oz)</p> <p><b>Snack</b>- Cheddar Cheese Stick (1oz), Graham crackers (2ea)</p> <p>24</p>                    | <p><b>Breakfast</b> – Cheerios, Milk (8oz), Apple (1ea)</p> <p><b>Lunch</b> – Meat Lasagna (10oz), Broccoli (3/4 cup), WW Dinner Roll(1oz), w/Butter, Milk (8oz), Cantaloupe (1 slice)</p> <p><b>Snack</b> – Unsweetened Apple sauce (4oz), saltines (2ea)</p> <p>25</p>                                  | <p><b>Breakfast</b> – WW Bagel (1), Cream Cheese (1oz), Milk (8oz), Banana (1ea)</p> <p><b>Lunch</b> – Savory Stuffed Crepe (1ea), Sweet Tater Tots (1/2 cup), Peas &amp; Carrots, Milk (8oz), Chilled Peaches (4oz)</p> <p><b>Snack</b> – Goldfish crackers (1ea), yogurt (4 oz)</p> <p>26</p>         |  <p>27</p> <p>28</p>                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                   |