

2024 GUADALUPE WOLVES

11/20/2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	PUP IN A PANCAKE	CEREAL	NO SCHOOL	NO SCHOOL	NO SCHOOL
1/2 CUP FRUIT 3/4 CUP VEG	FRUIT, JUICE, AND MILK	FRUIT, JUICE, AND MILK	FRUIT, JUICE, AND MILK	FRUIT, JUICE, AND MILK	FRUIT, JUICE, AND MILK
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*USDA IS A EQUAL OPORTU	BEEFY MAC	CHICKEN	NO SCHOOL	NO SCHOOL	NO SCHOOL
SECOND CHOICE	VARIETY SANDWICHES	VARIETY SANDWICHES	VARIETY SANDWICHES	VARIETY SANDWICHES	VARIETY SANDWICHES
5 COMPONENTS ARE					
1. GRAIN	1-2 OZ	1-2 OZ	1-2 OZ	1-2 OZ	1-2 OZ
2. MEAT OR M/A	1-2 OZ	1-2 OZ	1-2 OZ	1-2 OZ	1-2 OZ
3. FRESH FRUIT	1/2 CUP	1/2 CUP	1/2 CUP	1/2 CUP	1/2 CUP
4. VEGETABLE	3/4 CUP-1 CUP	3/4 CUP-1 CUP	3/4 CUP-1 CUP	3/4 CUP-1 CUP	3/4 CUP-1 CUP
5. MILK CHOICE 8 OZ	1 % OR SKIM	1 % OR SKIM	1 % OR SKIM	1 % OR SKIM	1 % OR SKIM