

November-25

Site

CID (s) - List if Multiple Sites

Region 2 - Robersonville, Washington & Williamston

Menu Component	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Milk		Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov	
Meat/Meat Alt		Beef & Cheese Stick			BBQ Bites			Sunbutter			Chicken			Hot dogs all meat	
Vegetable	3	100% Veggie Juice	SHELF STABLE	4	100% Veggie Juice	SHELF STABLE	5	100% Veggie Juice	SHELF STABLE	6	Peas	HOT MEAL	7	Baked Beans	HOT MEAL
Veg / Fruit		Raisins			Raisins			Craisins			Apples			Applesauce	
Whole Grain (1 per day)	WG	Honey Grahams WG	WG	WG	Honey Grahams WG	WG	WG	Honey Grahams WG	WG	WG	Rice (wild or brown)-WG	WG	WG	buns/rolls/bread- WG	WG
Milk		Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov	
Meat/Meat Alt		Cheese Dip			Mozzarella Stick			Turkey & Cheese Stick			Hot dogs all meat			Beef Ground	
Vegetable	10	100% Veggie Juice	SHELF STABLE	11	Marinara Sauce	SHELF STABLE	12	100% Veggie Juice	SHELF STABLE	13	Potatoes	HOT MEAL	14	Green Beans	HOT MEAL
Veg / Fruit		Craisins			Craisins			Raisins			Applesauce			Apples	
Whole Grain (1 per day)	WG	Corn Chips WG	WG	WG	Cheez-its WG	WG	WG	Honey Grahams WG	WG	WG	buns/rolls/bread- WG	WG	WG	Noodles/Pasta- WG	WG
Milk		Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov	
Meat/Meat Alt		Beef & Cheese Stick			BBQ Bites			Sunbutter			Chicken			Hot dogs all meat	
Vegetable	17	100% Veggie Juice	SHELF STABLE	18	100% Veggie Juice	SHELF STABLE	19	100% Veggie Juice	SHELF STABLE	20	Corn	HOT MEAL	21	Baked Beans	HOT MEAL
Veg / Fruit		Raisins			Raisins			Craisins			Apples			Applesauce	
Whole Grain (1 per day)	WG	Honey Grahams WG	WG	WG	Honey Grahams WG	WG	WG	Honey Grahams WG	WG	WG	Rice (wild or brown)-WG	WG	WG	Bran Flakes -WG	WG
Milk		Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov			Meal (all 5) Low Fat (1%), Fat Free (skim). Sov	
Meat/Meat Alt		Beef Steak			Mozzarella Stick			Turkey & Cheese Stick			Pork			Hot dogs all meat	
Vegetable	24	100% Veggie Juice	SHELF STABLE	25	Marinara Sauce	SHELF STABLE	26	100% Veggie Juice	SHELF STABLE	27	Potatoes	HOT MEAL	28	Mixed Vegetables	HOT MEAL
Veg / Fruit		Craisins			Craisins			Raisins			Apples			Oranges	
Whole Grain (1 per day)	WG	Corn Chips WG	WG	WG	Cheez-its WG	WG	WG	Honey Grahams WG	WG	WG	buns/rolls/bread- WG	WG	WG	Noodles/Pasta- WG	WG
Milk		Meal (all 5)			Meal (all 5)			Meal (all 5)			Meal (all 5)			Meal (all 5)	
Meat/Meat Alt															
Vegetable															
Veg / Fruit															
Whole Grain (1 per day)				WG		WG									
Serve A Whole Grain Today				Serve A Whole Grain Today				Serve A Whole Grain Today				Serve A Whole Grain Today			

Sponsor Notes: You must post your menu in a visible place ahead of meals times. Please send your completed menu to Boys & Girls Clubs of the Coastal Plain with your monthly Claim. It will be used to validate your claim.

Center Notes:

**Milk: Unflavored skim or 1% low-fat Milk; flavored skim/fat-free Milk; Regulations state that Milk substitutes are provided to participants with medical or special dietary needs, with appropriate documentation. Juice if served, is pasteurized full-strength (100%) Juice. This Institution is an Equal Opportunity Employer.