

## November 2023 Shelf - Stable Meals Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>29- Raisin Bran</b> Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice	<b>30- Chili w/ Beans</b> Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice	<b>31- Spaghetti</b> Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice	<b>1- Chicken Salad</b> Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice	<b>2- Chicken w/ Beans &amp; Rice</b> Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice	<b>3- Tuna Salad</b> Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice	<b>4- White Chicken Chili</b> Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk
825kcal   124g carb   25g fat 36g pro   10g fib   642mg	732kcal   130g carb   17g fat 24g pro   15g fib   979mg	864kcal   142g carb   25g fat 23g pro   11g fib   888mg	916kcal   124g carb   29g fat 36g pro   10g fib   1,052mg	766kcal   133g carb   13g fat 32g pro   10g fib   776mg	884kcal   127g carb   32g fat 36g pro   9.5g fib   995mg	772kcal   119g carb   22g fat 29 pro   10g fib   681mg
<b>5- Raisin Bran</b> Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice	<b>6- Chili w/ Beans</b> Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice	<b>7- Spaghetti</b> Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice	<b>8- Chicken Salad</b> Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice	<b>9- Chicken w/ Beans &amp; Rice</b> Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice	<b>10- Tuna Salad</b> Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice	<b>11- White Chicken Chili</b> Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk
<b>12- Raisin Bran</b> Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice	<b>13- Chili w/ Beans</b> Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice	<b>14- Spaghetti</b> Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice	<b>15- Chicken Salad</b> Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice	<b>16- Chicken w/ Beans &amp; Rice</b> Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice	<b>17- Tuna Salad</b> Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice	<b>18- White Chicken Chili</b> Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk
<b>19- Raisin Bran</b> Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice	<b>20- Chili w/ Beans</b> Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice	<b>21- Spaghetti</b> Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice	<b>22- Chicken Salad</b> Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice	<b>23- Chicken w/ Beans &amp; Rice</b> Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice	<b>24- Tuna Salad</b> Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice	<b>25- White Chicken Chili</b> Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk
<b>26- Raisin Bran</b> Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice	<b>27- Chili w/ Beans</b> Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice	<b>28- Spaghetti</b> Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice	<b>29- Chicken Salad</b> Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice	<b>30- Chicken w/ Beans &amp; Rice</b> Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice	<b>1- Tuna Salad</b> Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice	<b>2- White Chicken Chili</b> Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk

\*nutrient values listed are: calories, protein, carbohydrate, fiber, fat, and sodium

\*nutrient values for each week are the same as those listed in week #1