



EDIBLES REX
Your Catering Company

November 2020

Breakfast Program

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4:05:39 PM
Monday, November 09, 2020
1

10247 /

Carb Counts
included in
parenthesis ()
for each item

* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data
Milk Carbs:
Fat Free White Milk 1/2 Pint (Purple)(12)
Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	Mini Cini -(Cold)WG (40) Applesauce Cup 1/2 c (22) Milk Choice 8oz	3 Bagels Mini, Strawberry WG (41) Juice 100%- 4oz (15) Milk Choice 8oz	4 Snack n Waffle WG (41) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz	5 Soft Filled Bread WG Banana 1 ea (34) Milk Choice 8oz	6 Jump Start Breakfast Kit (24) Milk Choice 8oz
9	Breakfast Grains - Pumpkin Applesauce Cup 1/2 c (22) Milk Choice 8oz	10 Muffin 2g-WG Juice 100%- 4oz (15) Milk Choice 8oz	11 Mini Maple Waffle WG (35) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz	12 Snack n Waffle WG (41) Banana 1 ea (34) Milk Choice 8oz	13 Jump Start Breakfast Kit (24) Milk Choice 8oz
16	Breakfast Grains - Pumpkin Applesauce Cup 1/2 c (22) Milk Choice 8oz	17 Banana Bread Slice 2oz ER IW Juice 100%- 4oz (15) Milk Choice 8oz	18 Mini Cini -(Cold)WG (40) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz	19 Muffin 2g-WG Banana 1 ea (34) Milk Choice 8oz	20 Jump Start Breakfast Kit (24) Milk Choice 8oz
23	Mini Blueberry Pancakes WG Applesauce Cup 1/2 c (22) Milk Choice 8oz	24 Breakfast Bread Slice WG IW (15) Juice 100%- 4oz (15) Milk Choice 8oz	25 Breakfast Grains -Raspberry Apple Slices 1pkg 1/2c (7) Milk Choice 8oz	26 **Happy Thanksgiving**	27 Jump Start Breakfast Kit (24) Milk Choice 8oz
30	Snack n Waffle WG (41) Applesauce Cup 1/2 c (22) Milk Choice 8oz				

* (V) indicates a vegetarian entree

This institution is an equal opportunity provider.



EDIBLES REX
YOUR CATERING COMPANY

November 2020

Lunch Program

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4:05:48 PM
Monday, November 09, 2020

10248 /

Carb Counts
included in
parenthesis ()
for each item

* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data
Milk Carbs:
Fat Free White Milk 1/2 Pint (Purple)(12)
Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

<p>2</p> <p>Calzone WG 2M 2B Marrinara Cup 3 oz Fresh Fruit (22) Pretzels WG (23) Milk Choice 8oz &</p>	<p>3</p> <p>Cheese Stick 1 oz (1) Cheese Bread (2)WG Marrinara Cup 3 oz Juice 100%-4oz (15) Milk Choice 8oz &</p>	<p>4</p> <p>Bagel WG IW (29) Sun Butter 1oz Cheese Stick 1 oz (1) Vegetable Juice 4oz (13) Clementine Milk Choice 8oz &</p>	<p>5</p> <p>Lasagna w/marrinara WG (N) (28) Green Beans 1/2 c (5) Pineapple Tidbits 4 oz (20) Milk Choice 8oz = &</p>	<p>6</p> <p>Chicken Nuggets 3oz Tater Tots 1/2 c (11) Mixed Veggies 1/2 c (12) Fruit & Oat Cobbler Milk Choice 8oz = &</p>
<p>9</p> <p>Chicken Patty w/Chz WG bun (42) Tater Tots 1/2 c (11) Mixed Veggies 1/2 c (12) Milk Choice 8oz =</p>	<p>10</p> <p>Turkey & Cheese on WG Bun (22) Carrot Coins 1/2 c w/dip (10) Dick and Jane Snack WG Applesauce Cup 1/2 c (22) Milk Choice 8oz &</p>	<p>11</p> <p>Cheese Stick 1 oz (1) Breakfast Grains - Apple Vegetable Juice 4oz (13) Yogurt 4oz- Trix (15) Fresh Fruit (22) Milk Choice 8oz &</p>	<p>12</p> <p>Asian Chicken Bowl (13) Brown Rice WG 1/2 c Green Beans 1/2 c (5) Carrots Cooked 1/2 C Milk Choice 8oz = &</p>	<p>13</p> <p>Ez-Jammer Sandwich WG Carrot Coins 1/2 c (9) Fresh Fruit (22) Goldfish Crackers WG (28) Milk Choice 8oz &</p>
<p>16</p> <p>Turkey & Cheese on WG Bun (22) Carrot Coins 1/2 c w/dip (10) Fresh Fruit (22) Milk Choice 8oz &</p>	<p>17</p> <p>Ranch Chx Pasta Sal WG 8oz Grape Tomatoes (5) 1/2 c (4) Pineapple Tidbits 4 oz (20) Milk Choice 8oz =</p>	<p>18</p> <p>Snack n Waffle WG (41) Cheese Stick 1 oz (1) Sun Butter 1oz Vegetable Juice 4oz (13) Fresh Fruit (22) Milk Choice 8oz &</p>	<p>19</p> <p>Galaxy Pizza IW WG Marrinara Cup 3 oz Cookie WG Juice 100%-4oz (15) Milk Choice 8oz &</p>	<p>20</p> <p>Cheeseburger on WG Bun (33) Tater Tots 1/2 c (11) Baked Beans 1/2 c (22) Milk Choice 8oz =</p>
<p>23</p> <p>Grilled Cheese Sandwich (V) (37) Dill Pickle Spear IW (2) Apple Slices 1Pkg 1/2c (7) Goldfish Grahams WG (19) Milk Choice 8oz &</p>	<p>24</p> <p>Turkey & Cheese on WG Bun (22) Carrot Coins 1/2 c (9) Grahams Minis WG (24) Fresh Fruit (22) Milk Choice 8oz &</p>	<p>25</p> <p>Cheese Stick 1 oz (1) Granola 1 oz (20) Vegetable Juice 4oz (13) Goldfish Grahams WG (19) Yogurt 4oz- Trix (15) Fresh Fruit (22) Milk Choice 8oz</p>	<p>26</p> <p>Pasta w/meat sauce 4 oz Carrots Cooked 1/2 C Corn 1/2 c (16) = &</p>	<p>27</p> <p>Hot Dog on WG Bun (20) Tater Tots 1/2 c (11) Baked Beans 1/2 c (22) Milk Choice 8oz =</p>
<p>30</p> <p>Hummus Cup 3oz Sun Butter 1oz Carrot Coins 1/2 c (9) Scooby Doo Grahams WG (21) Pita Chips Craisins (28) Milk Choice 8oz &</p>				

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