

November

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	apple cinna-grins cereal (df) (vg) 1	• yogurt/dick and janes smart crackers (vg) 2	• breakfast cinnamon crumble (vg) 3	• blueberry burst whole grain bagel/cream cheese (vg) 4
• rf flurries cereal (df) (vg) 7	• jumpstart breakfast: mini dipperdoodle /string cheese/ 8	plain whole wheat bagel/cream cheese (vg) 9	• blueberry muffin 10	No School 11
• zac omega bar strawberry (df) 14	• blueberry burst whole grain bagel/cream cheese (vg) 15	• autumn spice muffin (seasonal) (vg) 16	• dipper doodle bar (df) (vg) 17	• lemon muffin (vg) 18
• jumpstart breakfast: mini dipperdoodle /string cheese (vg) 21	• rf cocoa bops cereal (df) 22	• french toast muffin (vg) 23	Thanksgiving Break	
• shelf stable rf flurries /cinnamon skeeters/shelf stable fruit/ shelf stable milk (df) 28	• lemon muffin (vg) 29	• breakfast cinnamon crumble (vg) 30		

What's New?

Introducing two ****NEW**** hot breakfast sandwiches:

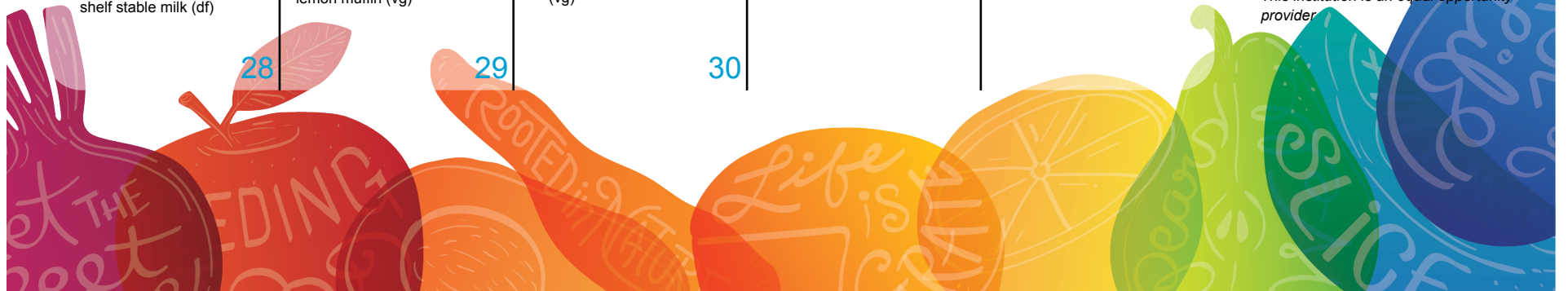
Chicken Sausage & Cheddar Bagel. Look out for it on Nov. 3 and 5!

Spicy Chicken Chorizo Sausage & Cheese Bagel. Look of for it on Nov 23!

Breakfast: choice of % or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider.



November

LUNCH PK

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • cheese pizza panada pie (vg) • chicken bites (df) ○ seasoned kidney beans with broccoli <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (vg) • baked mac & cheese and bbq chicken lunch combo ○ chilled, seasoned green beans <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • oven roasted chicken sandwich (df) • southwest veggie wrap (vg) ○ chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • jumbo caribbean meatball with rice (df) • cheese sandwich (vg) ○ sweet potatoes <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> • "pepperoni" calzoni pizza (meatless) (vg) • bbq chicken quesadilla ○ braised greens <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • cheese lasagna with whole grain pasta (vg) • spaghetti and meatballs (df) ○ seasoned black beans with diced carrots <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • chicken enchiladas • cheese sandwich (vg) ○ sweet potatoes <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • cheese pizza with a whole grain crust (vg) ○ sliced cucumber with ranch <p style="text-align: right;">10</p>	<p>No School</p> <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> • crispy chicken sandwich (df) (dmv) • cheese sandwich (vg) ○ chilled, seasoned green beans with ranch <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (vg) • chicken salad sandwich (df) ○ pinto beans with broccoli <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • sloppy joe (df) • egg salad sandwich (vg) (df) ○ sweet potatoes <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • roasted turkey and stuffing (df) (seasonal) • cheese enchiladas (vg) ○ mashed potatoes <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • chicken taco trio • southwest veggie wrap (vg) ○ braised greens <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> • flame broiled beef cheeseburger • cheese pizza with a whole grain crust (vg) ○ corn <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • orange chicken rice bowl • chicken salad sandwich (df) ○ black beans with tomatoes <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • hot meatball sub • sunbutter and jelly sandwich (vg) ○ chilled, seasoned green beans with ranch <p style="text-align: right;">23</p>	<p>Thanksgiving Break</p> <p style="text-align: right;">24</p>	
<ul style="list-style-type: none"> • cheese lasagna with whole grain pasta (vg) • lone star grilled chicken breast sandwich ○ chilled, seasoned green beans <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • chicken bites (df) • egg salad sandwich (vg) (df) ○ pinto beans with diced carrots <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • kickin chicken parm pasta • baked mac & cheese and bbq baked beans lunch combo (vg) ○ corn <p style="text-align: right;">30</p>		

Holiday Cheer!

Our Holiday Roast Turkey Meal is back and will be available on November 17!

Lunch: choice of % or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and **vegetarian (V)** options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

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November

LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • cheese pizza panada pie (vg) • chicken bites (df) ○ garbanzo beans with broccoli <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (vg) • baked mac & cheese and bbq chicken lunch combo ○ local chilled seasoned green beans <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • oven roasted chicken sandwich (df) • southwest veggie wrap (vg) ○ shredded lettuce and sliced tomatoes with ranch <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • jumbo caribbean meatball with rice (df) • cheese sandwich (vg) • sesame chicken wrap (df) ○ local sweet potatoes <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> • "pepperoni" calzoni pizza (vg) • bbq chicken quesadilla • sunbutter and jelly sandwich (vg) ○ local braised greens <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • cheese lasagna (vg) • spaghetti and meatballs (df) ○ black beans with baby carrots <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • chicken enchiladas • cheese sandwich (vg) ○ local sweet potatoes <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • all natural hot dog (df) • southwest veggie wrap (vg) ○ celery sticks with ranch <p style="text-align: right;">10</p>	<p>No School</p> <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> • crispy chicken sandwich (df) • sesame chicken salad • cheese sandwich (vg) ○ local chilled seasoned green beans <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • cheese ravioli (vg) • chillin' chinese chicken noodles ○ garbanzo beans with broccoli <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • sloppy joe (df) • egg salad sandwich (vg) (df) ○ local sweet potatoes <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • *Holiday* roasted turkey and stuffing (df) • cheese enchiladas (vg) ○ mashed potatoes <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • chicken taco trio • veggie chef's salad (vg) ○ local braised greens <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> • all natural hot dog (df) • cheese pizza with a whole grain crust (vg) <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • orange chicken rice bowl (df) • c ○ edamame with grape tomatoes <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • hot meatball sub • sunbutter and jelly sandwich (vg) ○ local chilled seasoned green beans <p style="text-align: right;">23</p>	<p>Thanksgiving Break</p> <p style="text-align: right;">24</p>	
<ul style="list-style-type: none"> • cheese lasagna with whole grain pasta (vg) • lone star grilled chicken breast sandwich • chicken salad sandwich (df) ○ local chilled seasoned green beans <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • chicken bites (df) • veggie chef's salad (vg) • ○ pinto beans with baby carrots <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • kickin chicken parm pasta • baked mac & cheese and bbq baked beans lunch combo (vg) ○ local corn <p style="text-align: right;">30</p>		

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○ Vegetable of the day

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November

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • string cheese <p>1</p>	<ul style="list-style-type: none"> • revolution foods honey wheat crackers <p>2</p>	<ul style="list-style-type: none"> • mini dipperdoodle <p>3</p>	<ul style="list-style-type: none"> • yogurt <p>4</p>
<ul style="list-style-type: none"> • zac attack bar strawberry (snack) <p>7</p>	<ul style="list-style-type: none"> • skeeter honey grahams <p>8</p>	<ul style="list-style-type: none"> • mini dipperdoodle <p>9</p>	<ul style="list-style-type: none"> • dick and janes smart crackers <p>10</p>	<p>No School</p> <p>11</p>
<ul style="list-style-type: none"> • string cheese <p>14</p>	<ul style="list-style-type: none"> • multigrain rumbles - salsa fresca <p>15</p>	<ul style="list-style-type: none"> • zac attack bar apple (snack) <p>16</p>	<ul style="list-style-type: none"> • multigrain rumbles - cinnamon <p>17</p>	<ul style="list-style-type: none"> • yogurt <p>18</p>
<ul style="list-style-type: none"> • granola/string cheese <p>21</p>	<ul style="list-style-type: none"> • skeeter honey grahams <p>22</p>	<ul style="list-style-type: none"> • zac attack bar strawberry <p>23</p>	<p>Thanksgiving Break</p> <p>24 25</p>	
<ul style="list-style-type: none"> • goldfish cheese crackers <p>28</p>	<ul style="list-style-type: none"> • string cheese <p>29</p>	<ul style="list-style-type: none"> • revolution foods honey wheat crackers <p>30</p>		

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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