

# November

## HOT / COLD BREAKFAST

PSN

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>HOT Southwest Chicken Chorizo and Cheese Bagel Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul>
		1	2	3
<ul style="list-style-type: none"> <li>Yogurt/Educational Snacks</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes w/ Syrup</li> </ul>	<ul style="list-style-type: none"> <li>HOT Classic Chicken Sausage and Cheddar Brekwich (English Muffin)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Turkey, Cheddar Cheese, and Omelet Gordita</li> </ul>	<b>No School</b>
6	7	8	9	10
<ul style="list-style-type: none"> <li>Multigrain Cheerios (DF)</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt/Skeeter HONEY Grahams</li> </ul>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel/Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Lemon Muffin</li> </ul>
13	14	15	16	17
<ul style="list-style-type: none"> <li>Corn Chex (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Turkey, Pepper Jack Cheese, and Omelet Gordita</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes w/ Syrup</li> </ul>	<b>Thanksgiving Holiday</b>	
20	21	22	23	24
<ul style="list-style-type: none"> <li>SHELF STABLE Cinnamon Chex/Honey Grahams</li> </ul>	<ul style="list-style-type: none"> <li>HOT French Toast, Maple Turkey Sausage, and Egg Combo</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt/Granola/ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin</li> </ul>	
27	28	29	30	

Lunch: choice of 1% 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.

o Vegetable of the day



# November

## HOT / COLD BREAKFAST

K-12

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>HOT Southwest Chicken Chorizo and Cheese Bagel Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul>
		1	2	3
<ul style="list-style-type: none"> <li>Zee Zees Berry Apple Crisp Bar (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes w/ Syrup</li> </ul>	<ul style="list-style-type: none"> <li>HOT Classic Chicken Sausage and Cheddar Brekwich (English Muffin)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Turkey, Cheddar Cheese, and Omelet Gordita</li> </ul>	No School
6	7	8	9	10
<ul style="list-style-type: none"> <li>Cinnamon Chex/Zac Attack Strawberry (1.35 oz) (DF)</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble</li> </ul>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel/Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Lemon Muffin (Vg)</li> </ul>
13	14	15	16	17
<ul style="list-style-type: none"> <li>MultiGrain Cheerios/Zac Attack Strawberry (1.35 oz) (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Turkey, Pepper Jack Cheese, and Omelet Gordita</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes w/ Syrup</li> </ul>	Thanksgiving Holiday	
20	21	22	23	24
<ul style="list-style-type: none"> <li>Shelf Stable: Cinnamon Chex/Honey Grahams</li> </ul>	<ul style="list-style-type: none"> <li>HOT French Toast, Maple Turkey Sausage, and Egg Combo</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt/Granola/ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin</li> </ul>	
27	28	29	30	

Lunch: choice of 1% 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.

o Vegetable of the day

## LUNCH PSN

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>• Firecracker Chicken With Sesame Noodles</li> <li>• Pinto Beans and Diced Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Buffalo Chicken Sandwich</li> <li>• Cheese Pizza With A Whole Grain Crust (VG)</li> <li>• Blanched Broccoli Florets With ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Mac &amp; Cheese And BBQ Chicken Lunch Combo</li> <li>• Veggie Chili (VG)</li> <li>• Steamed Corn</li> </ul>
		1	2	3
<ul style="list-style-type: none"> <li>• Crispy Chicken Sandwich</li> <li>• Diced Carrots with Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Pepper Jack Cheeseburger</li> <li>• Cheddar Cheese Sandwich (VG)</li> <li>• Pinto Beans And Blanched Broccoli Florets</li> </ul>	<ul style="list-style-type: none"> <li>• Classic Chicken Parm Pasta</li> <li>• Sunny Sandwich Kit (Sunbutter And Jelly) (VG)</li> <li>• Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Holiday Meal:</b> Roasted Turkey And Stuffing</li> <li>• Chicken Bites</li> <li>• Southwest Veggie Wrap (VG)</li> <li>• Chilled, Seasoned Green Beans</li> </ul>	<b>No School</b>
6	7	8	9	10
<ul style="list-style-type: none"> <li>• Italian "Sausage" Calzoni (VG)</li> <li>• Green Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Bean and Cheese Quesadilla (Vg)</li> <li>• Turkey And Cheddar Sandwich</li> <li>• Diced Carrots and Pinto beans</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta with Zesty Beef</li> <li>• Southwest Veggie Wrap (VG)</li> <li>• Chilled, Seasoned Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Flame Broiled Beef Cheeseburger</li> <li>• Sloppy Joe (DF)</li> <li>• Cheese Pizza With A Whole Grain Crust (VG)</li> <li>• Chopped Lettuce And Sliced Tomatoes With Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy Tomato Curry With Grilled Chicken</li> <li>• Egg Salad Sandwich (VG) (DF)</li> <li>• Sweet Potatoes</li> </ul>
13	14	15	16	17
<ul style="list-style-type: none"> <li>• Creamy Chicken Alfredo</li> <li>• Sunny Sandwich Kit (Sunbutter And Jelly) (VG)</li> <li>• Diced Carrots With Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Mac &amp; Cheese And BBQ Baked Beans Combo (VG)</li> <li>• Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Crispy Chicken Sandwich</li> <li>• Cheese Pizza (VG)</li> <li>• Chilled, Seasoned Green Beans</li> </ul>	<b>Thanksgiving Holiday</b>	
20	21	22	23	24
<ul style="list-style-type: none"> <li>• Buffalo Chicken Pizza</li> <li>• Diced Carrots With Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Mama's Tamale (Mild Green Chili and Cheese) (VG)</li> <li>• Diced Carrots With Pinto Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Firecracker Chicken With Sesame Noodles</li> <li>• Chilled, Seasoned Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Roasted Chicken Sandwich (DF)</li> <li>• Southwest Veggie Wrap (VG)</li> <li>• Blanched Broccoli Florets With Ranch</li> </ul>	
27	28	29	30	

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

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

o Vegetable of the day



# November

## LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>• Firecracker Chicken With Sesame Noodles</li> <li>• Italian "Sausage" Calzoni (VG)</li> <li>• Pinto Beans Baby Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• The Revolution Hot Dog (DF)</li> <li>• Cheese Pizza With A Whole Grain Crust (Vg)</li> <li>• Blanched Broccoli Florets With ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Mac &amp; Cheese And BBQ Chicken Lunch Combo</li> <li>• Veggie Chili (VG)</li> <li>• Steamed Corn</li> </ul>
		1	2	3
<ul style="list-style-type: none"> <li>• Crispy Chicken Sandwich (DF)</li> <li>• Baby Carrots With Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Pepper Jack Cheeseburger</li> <li>• Cheddar Cheese Sandwich (VG)</li> <li>• Edamame And Blanched Broccoli Florets</li> </ul>	<ul style="list-style-type: none"> <li>• Classic Chicken Parm Pasta</li> <li>• Sunny Sandwich Kit (Sunbutter And Jelly) (VG)</li> <li>• Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Holiday Meal:</b> Roasted Turkey And Stuffing</li> <li>• Chicken Bites</li> <li>• Chilled, Seasoned Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• <b>No School</b></li> </ul>
6	7	8	9	10
<ul style="list-style-type: none"> <li>• Italian "Sausage" Calzoni (VG)</li> <li>• Green Peas</li> </ul>	<ul style="list-style-type: none"> <li>• The Revolution Hot Dog (DF)</li> <li>• Sunny Sandwich Kit (Sunbutter And Jelly) (VG)</li> <li>• Baby Carrots And Edamame</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Meatballs With Cheesy Rice</li> <li>• Southwest Veggie Wrap (VG)</li> <li>• Chicken Caesar Wrap</li> <li>• Chilled, Seasoned Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Flame Broiled Beef Cheeseburger</li> <li>• Cheese Pizza With A Whole Grain Crust (VG)</li> <li>• Chopped Lettuce And Sliced Tomatoes With Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy Tomato Curry With Grilled Chicken</li> <li>• Egg Salad Sandwich (VG) (DF)</li> <li>• Garden Ranch Salad With Chicken Breast</li> <li>• Sweet Potatoes</li> </ul>
13	14	15	16	17
<ul style="list-style-type: none"> <li>• Creamy Chicken Alfredo</li> <li>• Sunny Sandwich Kit (Sunbutter And Jelly) (VG)</li> <li>• Baby Carrots With Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Mac &amp; Cheese And BBQ Baked Beans Combo (VG)</li> <li>• Chicken Salad Sandwich (DF)</li> <li>• Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Meatball Sub</li> <li>• Cheese Pizza (VG)</li> <li>• Chilled, Seasoned Green Beans</li> </ul>	Thanksgiving Holiday	
20	21	22	23	24
<ul style="list-style-type: none"> <li>• Buffalo Chicken Pizza</li> <li>• Sunny Sandwich Kit (Sunbutter And Jelly) (VG)</li> <li>• Mighty Meaty Deli Combo Sandwich</li> <li>• Baby Carrots With Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Cheesy Chicken Quesadilla</li> <li>• Veggie Chili (VG) PRO 5</li> <li>• Baby Carrots With Pinto Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Firecracker Chicken With Sesame Noodles</li> <li>• Chilled, Seasoned Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Roasted Chicken Sandwich (DF)</li> <li>• Blanched Broccoli Florets With Ranch</li> </ul>	
27	28	29	30	

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

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

o Vegetable of the day