

NOVEMBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • HOT buttermilk pancakes (vg) • pineapple juice available	2 • plain bagel & cream cheese
5 • yogurt & educational snacks	6 • HOT french toast sticks (vg)	7 • blueberry burst muffin	8 • HOT buenos dias breakfast burrito • orange juice available	9 • mini french toast muffin & string cheese
12 • corn chex & mini dipper (df)	13 • cinnamon vanilla crunch granola (vg)(df)	14 • HOT strawberry pancake bowl •	15 • HOT french toast, maple turkey sausage, and egg combo • pineapple juice available	16 • cinnamon crumbles
19 • dipperdoodle bar (df)	20 • HOT cheesy omelet	21 • No School	HAPPY THANKSGIVING! 22 	23 No School
26 • cheerios & educational snacks	27 • HOT buttermilk pancakes (vg)	28 • plain bagel & cream cheese	29 • autumn spice muffin • pineapple juice available	30 • zac omega fruit filled strawberry bar (df)

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • HOT buttermilk pancakes (vg) • pineapple juice available	2 • plain bagel & cream cheese
5 • yogurt & educational snacks	6 • HOT French toast sticks (vg)	7 • blueberry burst muffin	8 • HOT buenos dias breakfast burrito • orange juice available	9 • mini french toast muffin & string cheese
12 • corn chex & fruit (df)	13 • cinnamon vanilla crunch granola (vg)(df)	14 • HOT strawberry pancake bowl	15 • HOT french toast sticks • pineapple juice available	16 • cinnamon crumbles
19 • honey grahams & cinnamon rumbles	20 • HOT cheesy omelet	21 • No School	HAPPY THANKSGIVING! 22 	23 No School
26 • corn chex & fruit	27 • HOT buttermilk pancakes	28 • plain bagel & cream cheese	29 • autumn spice muffin • pineapple juice available	30 • multigrain cheerios & fruit df)

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NOVEMBER LUNCH

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
<ul style="list-style-type: none"> • mac & cheese and bbq chicken • egg salad sandwich (df) (vg) ○ seasoned green beans (chilled) 	<ul style="list-style-type: none"> • chicken gumbo & cornbread • hummus dippers (vg) ○ orangy carrots 	<ul style="list-style-type: none"> • cheesy pizza bites (vg) • beef cheeseburger ○ lettuce and tomatoes with ranch 	<ul style="list-style-type: none"> • chicken taco trio • veggie chef's salad (vg) ○ lettuce and tomatoes with ranch 	<ul style="list-style-type: none"> • PIZZA FRIDAY (1st -12th) • the revolution dog (df) • cheddar cheese sandwich (vg) • sweet potatoes
12	13	14	15	16
<ul style="list-style-type: none"> • the revolution dog (df) • cheddar cheese sandwich (vg) ○ steamed corn 	<ul style="list-style-type: none"> • mongolian beef • southwest veggie wrap (vg) ○ edamame beans (chilled) ○ baby carrots 	<ul style="list-style-type: none"> • holiday roast turkey lunch (df) • bbq "beef" calzoni (df)(vg) ○ seasoned green beans (chilled) 	<ul style="list-style-type: none"> • cheese pizza (vg) • beef cheeseburger ○ lettuce and tomatoes with ranch 	<ul style="list-style-type: none"> • PIZZA FRIDAY (1st -12th) • crispy chicken sandwich (df) • sunny sandwich kit (sunbutter & jelly) (vg) ○ green peas
19	20	21	HAPPY THANKSGIVING! 22	23
<ul style="list-style-type: none"> • beef burger (df) • bean and cheese quesadilla (vg) ○ steamed corn 	<ul style="list-style-type: none"> • crispy chicken sandwich (df) • sunny sandwich kit (sunbutter & jelly) (vg) ○ baby carrots 	• No School		No School
26	27	28	29	30
<ul style="list-style-type: none"> • bfast for lunch: pancakes & omelet (v) • mighty meaty deli combo sandwich • df option by request ○ steamed corn 	<ul style="list-style-type: none"> • sunny sandwich kit(sunbutter & jelly)(vg) • turkey & cheddar sandwich ○ seasoned green beans (chilled) 	<ul style="list-style-type: none"> • pasta with zesty beef • egg salad sandwich (vg)(df) ○ seasoned garbanzo beans (cold) ○ baby carrots 	<ul style="list-style-type: none"> • the revolution dog (df) • southwest veggie wrap (vg) ○ lettuce and tomatoes with ranch 	<ul style="list-style-type: none"> • PIZZA FRIDAY (1st -12th) • oven roasted chicken sandwich (df) • cheese pizza (vg) ○ sweet potatoes

DID YOU KNOW?

Nearly 95% of Americans eat turkey on Thanksgiving. Turkey has more protein, ounce per ounce, than chicken or beef!



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.

○ **Vegetable** of the day

NOVEMBER LUNCH

ECE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
<ul style="list-style-type: none"> • mac & cheese and bbq chicken • bean and cheese quesadilla (vg) ○ seasoned green beans (chilled) 	<ul style="list-style-type: none"> • chicken gumbo & cornbread • hummus dippers (vg) ○ orangy carrots 	<ul style="list-style-type: none"> • cheesy pizza bites (vg) • beef cheeseburger ○ lettuce and tomatoes with ranch 	<ul style="list-style-type: none"> • chicken taco trio • egg salad sandwich (df) (vg) ○ lettuce and tomatoes with ranch 	<ul style="list-style-type: none"> • cheese pizza (vg) • df option by request • lettuce and tomatoes with ranch
12	13	14	15	16
<ul style="list-style-type: none"> • cheesy chicken quesadilla • cheddar cheese sandwich (vg) ○ steamed corn 	<ul style="list-style-type: none"> • mongolian beef • meatless "sausage" calzoni ○ warm pinto beans ○ diced carrots 	<ul style="list-style-type: none"> • holiday roast turkey lunch (df) • bbq "beef" calzoni (df)(vg) ○ seasoned green beans (chilled) 	<ul style="list-style-type: none"> • cheese enchilada plate (vg) • chicken bites ○ warm pinto beans ○ grape tomatoes 	<ul style="list-style-type: none"> • crispy chicken sandwich (df) • sunny sandwich kit (sunbutter & jelly) (vg) • df option by request ○ green peas
19	20	21	HAPPY THANKSGIVING! 22	23
<ul style="list-style-type: none"> • beef burger (df) • bean and cheese quesadilla (vg) ○ steamed corn 	<ul style="list-style-type: none"> • crispy chicken sandwich (df) • sunny sandwich kit (sunbutter & jelly) (vg) ○ steamed carrots 	• No School		• No School
26	27	28	29	30
<ul style="list-style-type: none"> • bfast for lunch: pancakes & omelet (v) • mighty meaty deli combo sandwich • DF option by request ○ steamed corn 	<ul style="list-style-type: none"> • cheese pizza (vg) • turkey & cheddar sandwich ○ seasoned green beans (chilled) 	<ul style="list-style-type: none"> • pasta with zesty beef • egg salad sandwich (vg)(df) ○ warm pinto beans ○ diced carrots 	<ul style="list-style-type: none"> • beef burger (df) • southwest veggie wrap (vg) ○ lettuce and tomatoes with ranch 	<ul style="list-style-type: none"> • cheese pizza (vg) • sesame chicken wrap (df) ○ sweet potatoes

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○ **Vegetable** of the day