

Breakfast K-12

NOVEMBER 2023

MON	TUE	WED	THU	FRI
6 Cinnamon Crisp Bar Raisins & 100% Grape Juice	7 Strawberry Yogurt w/ Graham Crackers or NEW! Breakfast Pizza Apple Slices & Diced Pineapple	1 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	2 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice	3 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
13 Banana Muffin Raisins & Applesauce	14 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple	15 Frosted Flakes w/ Graham Crackers or NEW! Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	16 Cinnamon Toast Crunch w/ Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice	17 Cinnamon Crisp Bar Raisins & 100% Grape Juice
20 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	21 Strawberry Yogurt w/ Graham Crackers or NEW! Mini Sausage & Cheese Flatbread Apple Slices & Diced Pineapple	22 NO SCHOOL Honey Cheerios w/ Graham Crackers or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	23 NO SCHOOL	24 NO SCHOOL
27 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	28 Strawberry Yogurt w/ Graham Crackers or Pancakes w/ Syrup Apple Slices & Diced Pineapple	29 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	30 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice	
			9 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	10 Blueberry Muffin Fresh Orange & 100% Pineapple Juice

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

- 1% Unflavored Milk
- Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily
Menu is subject to change
Vegetarian Meal Option indicated with a "V"



Lunch K-8

NOVEMBER 2023

MON

TUE

WED

THU

FRI

6

Beef Cheeseburger w/
Ketchup
or
Egg & Cheese Sandwich w/
Ketchup (V)
Roasted Potatoes
Fresh Apple

7

Chicken Fajita w/ Black
Beans & Tomato
or
Spanish Rice w/ Beans &
Cheese (V)
Fresh Pear

8

Spaghetti & Beef Meatballs
in Tomato Sauce w/ Broccoli
or
Veggie Burger w/ Ketchup
Garden Side Salad w/
Ranch Dressing (V)
Fresh Apple

9

NEW! Crispy Cheesy
Chicken Biscuit Sandwich
Celery Sticks w/ Ranch
Dressing
or
Cobb Salad w/ Pita Bread
(V)
Fresh Banana

10

Turkey & Cheese
Sandwich w/ Mayonnaise
or
Cheese Pizza (V)
Baby Carrots w/ Ranch
Dressing
Fresh Apple

13

Chicken Nuggets w/
Ketchup & Baked Beans
or
Falafel Bites w/ Quinoa Pilaf,
Black Beans & Tomato (V)
Fresh Apple

14

Beef Meatballs in Tomato
Sauce w/ Club Roll
or
Home-Style Macaroni &
Cheese (V)
Broccoli
Fresh Pear

15

Chicken Tamales w/ Baby
Carrots & Ranch Dressing
or
French Toast Sticks w/
Scrambled Eggs & Roasted
Sweet Potatoes (V)
Fresh Apple

16

Special Holiday Meal
Turkey w/ Gravy, Corn Muffin
& Mashed Potatoes
or
Veggie Burger w/ Ketchup &
Roasted Potatoes (V)
Fresh Banana

17

Egg Salad Sandwich (V)
or
French Bread Cheese Pizza (V)
Celery w/ Ranch Dressing
Fresh Apple

20

~~Satisfy Steak w/ Gravy &
Roasted Potatoes
or
Cheese Quesadilla w/ Street
Corn (V)
Fresh Apple~~

21

~~BBQ Chicken w/ Brown
Rice & Baked Beans
or
Chickpea Marmara Pasta
(V)
Fresh Pear~~

22

~~Turkey & Cheese
Sandwich w/ Mayonnaise
or
Cheese Pizza (V)
Baby Carrots w/ Ranch
Dressing
Fresh Apple~~

23

~~NO SCHOOL~~

24

~~NO SCHOOL~~

27

BBQ Beef Meatballs w/ Club
Roll
or
Pasta w/ Tomato Sauce &
Mozzarella Cheese (V)
Broccoli
Fresh Apple

28

Chicken Tenders w/
Ketchup & Roasted
Potatoes
or
Protein Pasta Alfredo w/
Peas (V)
Fresh Pear

29

Turkey Hot Dog w/
Ketchup & Baked Beans
or
Spanish Rice w/ Beans &
Cheese (V)
Fresh Apple

30

Chicken Caesar Salad w/
Pita Bread
or
Cheese Lasagna in Tomato
Sauce w/ Green Beans (V)
Fresh Banana

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