

November

BREAKFAST

NSLP Hot & Cold

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Waffle with Syrup (V) Blueberry Muffin (V) Cheerios & Educational Snacks Cracker (V)	2 Buttermilk Pancakes (V) Cinnamon Grahams & String Cheese (V) Yogurt & Educational Snacks (V)	3 Cheese Omelet with Roll (V) Bagel with Cream Cheese (V) Blueberry Chex (V) (DF)	4 Banana Muffin (V) Zee Zees Cinnamon Crisp Bar (V) (DF)
7 Blueberry Muffin (V) Cinnamon Chex & Educational Snacks Cracker (V)	8 Waffle with Syrup (V) Bagel with Cream Cheese (V) Yogurt & Cinnamon Grahams (V)	9 Buttermilk Pancakes (V) Yogurt & Educational Snacks (V) Zee Zees Berry Apple Crisp Bar (V) (DF)	10 Egg & Cheddar English Muffin Sandwich (V) Blueberry Chex (V) (DF) Vanilla Concha Bread (V)	11 Cheerios & Educational Snacks Cracker (V) Zee Zees Cinnamon Crisp Bar (V) (DF)
14 Corn Chex & Educational Snacks Cracker (V) French Toast Muffin (V)	15 French Toast Stick & Pancake (V) Lemon Muffin (V) Zee Zees Berry Apple Crisp Bar (V) (DF)	16 Southwest Egg Scramble (V) Yogurt & Educational Snacks (V) Zee Zees Cinnamon Crisp Bar (V) (DF)	17 Cheese Omelet with Roll (V) Cinnamon Crumble (V) Vanilla Concha Bread (V)	18 Blueberry Bagel with Cream Cheese (V) Cinnamon Chex (V) (DF)
21 Blueberry Muffin (V) Cinnamon Chex & Educational Snacks Cracker (V)	22 Waffle with Syrup (V) Bagel with Cream Cheese (V) Yogurt & Cinnamon Grahams (V)	23 Buttermilk Pancakes (V) Yogurt & Educational Snacks (V) Zee Zees Berry Apple Crisp Bar (V) (DF)	24 	25
28 Whole Grain Cheerios (V)	29 French Toast Stick & Pancake (V) Lemon Muffin (V) Zee Zees Berry Apple Crisp Bar (V) (DF)	30 Egg & Cheddar English Muffin Sandwich (V) Yogurt & Educational Snacks (V) Zee Zees Cinnamon Crisp Bar (V) (DF)		

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

[surveymonkey.com/r/mealsatisfactionsurvey](https://www.surveymonkey.com/r/mealsatisfactionsurvey)



revolution foods.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Dairy-Free (DF)

Vegetarian (V)

This institution is an equal opportunity provider.

All grains offered are whole-grain rich.

November

LUNCH

NSLP K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <ul style="list-style-type: none"> BBQ Beef Rib Sandwich (DF) Vegan Jamaican Patty (V) (DF) Chicken Salad Sandwich (DF) Egg Salad Sandwich (V) (DF) Baby Carrots (V) (DF) 	2 <ul style="list-style-type: none"> Chicken Mumbo with Fried Rice (DF) All Beef Cheeseburger Cheese Sub Sandwich (V) Turkey & Cheddar Sandwich Cilantro Lime Pinto Beans (V) (DF) 	3 <ul style="list-style-type: none"> Chicken Teriyaki (DF) Five Cheese Lasagna (V) Chicken Salad Sandwich (DF) SunButter (R) & Jelly Sandwich Kit (V) Chopped Romaine (V) (DF) Sliced Tomatoes (V) (DF) 	4 <ul style="list-style-type: none"> Cheese Enchilada with Rice & Black Beans (V) Pepperoni Pizza Cheese Sub Sandwich (V) Honey Mustard Salad with Diced Chicken (DF) Coleslaw (V) (DF)
7 <ul style="list-style-type: none"> All Beef Hot Dog (DF) Bean & Cheese Pupusa (V) SunButter & Jelly Sandwich Kit (V) Turkey Sandwich (DF) Steamed Corn (V) (DF) 	8 <ul style="list-style-type: none"> Cheese Pizza (V) Pepperoni Pizza BBQ Chicken Wrap Egg Salad Sandwich (V) (DF) Baby Carrots (V) (DF) 	9 <ul style="list-style-type: none"> Crispy Chk Sando Chicken Drumstick with Rice Pretzel Nacho Pocket (V) Cheese Sub Sandwich (V) Chicken Caesar Salad Cilantro Lime Pinto Beans (V) (DF) 	10 <ul style="list-style-type: none"> Bean & Cheese Burrito (V) Chicken Tacos Cheese Pizza Kit (V) Chicken Salad Sandwich (DF) Green Leaf Lettuce (V) (DF) Sliced Tomatoes (V) (DF) 	11 <ul style="list-style-type: none"> Chicken Teriyaki (DF) Vegan Jamaican Patty (V) (DF) Chicken Salad Sandwich (DF) Egg Salad Sandwich (V) (DF) Coleslaw (V) (DF)
14 <ul style="list-style-type: none"> All Beef Hamburger (DF) Cheese Pizza Calzone (V) SunButter & Jelly Sandwich Kit (V) Turkey & Cheddar Sandwich Baby Carrots (V) (DF) 	15 <ul style="list-style-type: none"> Cheese Pizza (V) Penne Marinara & Meatballs Chicken Salad Sandwich (DF) Turkey Sandwich (DF) Broccoli (V) (DF) 	16 <ul style="list-style-type: none"> Chicken Bites (DF) Fried Rice with Edamame (V) Chicken Salad Sandwich (DF) Southwest Veggie Wrap (V) Carrots, Corn & Peas (V) 	17 <ul style="list-style-type: none"> Chicken and Sweet Potatoes Creamy Pasta Alfredo (V) Honey Mustard Chicken Salad (DF) SunButter & Jelly Sandwich Kit (V) Green Beans (V) (DF) 	18 <ul style="list-style-type: none"> BBQ Chicken Plate Cheese Enchilada with Rice & Beans (V) Egg Salad Sandwich (V) (DF) Garden Ranch Chicken Salad Pinto Beans (V) (DF)
21 <ul style="list-style-type: none"> All Beef Hot Dog (DF) Bean & Cheese Pupusa (V) SunButter & Jelly Sandwich Kit (V) Turkey Sandwich (DF) Roasted Potatoes (V) (DF) 	22 <ul style="list-style-type: none"> Cheese Pizza (V) Pepperoni Pizza BBQ Chicken Wrap Egg Salad Sandwich (V) (DF) Baby Carrots (V) (DF) 	23 <ul style="list-style-type: none"> BBQ Beef Rib Sandwich (DF) Pretzel Nacho Pocket (V) Cheese Sub Sandwich (V) Chicken Caesar Salad Cilantro Black Beans & Corn (V) 	24 <ul style="list-style-type: none"> Chicken Teriyaki (DF) Five Cheese Lasagna (V) Chicken Salad Sandwich (DF) SunButter (R) & Jelly Sandwich Kit (V) Chopped Romaine (V) (DF) Sliced Tomatoes (V) (DF) 	25 <ul style="list-style-type: none"> Cheese Enchilada with Rice & Black Beans (V) Pepperoni Pizza Cheese Sub Sandwich (V) Honey Mustard Salad with Diced Chicken (DF) Coleslaw (V) (DF)
28 <ul style="list-style-type: none"> All Beef Hamburger (DF) Cheese Pizza Calzone (V) SunButter & Jelly Sandwich Kit (V) Turkey & Cheddar Sandwich Baby Carrots (V) (DF) 	29 <ul style="list-style-type: none"> Penne Marinara & Meatballs Vegan Jamaican Patty (V) (DF) Chicken Salad Sandwich (DF) Turkey Sandwich (DF) Green Beans (V) (DF) 	30 <ul style="list-style-type: none"> Chicken Tacos Fried Rice with Edamame (V) Chicken Salad Sandwich (DF) Southwest Veggie Wrap (V) Carrots, Corn & Peas (V) 		

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Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Vegetable of the Day

Dairy-Free (DF) & Vegetarian (V) options available daily. If not listed on the menu, available upon request

November

SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cinnamon Grahams (V)	2 Honey Wheat Crackers & String Cheese (V)	3 Cheddar Goldfish Crackers (V)	4 Educational Snacks Crackers & String Cheese (V)
7 Cheddar Goldfish Crackers (V)	8 Pretzel Goldfish Crackers & String Cheese (V)	9 Honey Wheat Crackers & String Cheese (V)	10 Cheddar Goldfish Crackers (V)	11 Educational Snacks Crackers & String Cheese (V)
14 Educational Snacks Crackers & SunButter (R) (V)	15 Cheddar Goldfish Crackers (V)	16 Educational Snacks Crackers (V)	17 Pretzel Goldfish Crackers & String Cheese (V)	18 Honey Wheat Crackers & String Cheese (V)
21 Cheddar Goldfish Crackers (V)	22 Pretzel Goldfish Crackers (V)	23 Honey Wheat Crackers & String Cheese (V)	24 Cheddar Goldfish Crackers (V)	25 Educational Snacks Crackers & String Cheese (V)
28 Educational Snacks Crackers & SunButter (R) (V)	29 Cheddar Goldfish Crackers (V)	30 Educational Snacks Crackers (V)		

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Dairy-Free (DF)

Vegetarian (V)

Student Favorite ★