

NOVEMBER Unitized **BREAKFAST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<ul style="list-style-type: none"> bagel w/ cream cheese autumn spice muffin 	<ul style="list-style-type: none"> yogurt w/ granola cinnamon raisin bagel (VG)
5	6	7	8	9
<ul style="list-style-type: none"> yogurt w/ granola dipper doodle bar (DF) 	<ul style="list-style-type: none"> cold cheese bagel sandwich blueberry muffin 	<ul style="list-style-type: none"> mini French toast muffin w/ string cheese zac omega bar strawberry (DF) 	<ul style="list-style-type: none"> bagel w/ cream cheese yogurt w/ education snacks 	<ul style="list-style-type: none"> zee zee berry apple crisp bar (DF) cheerios w/ mini dipper doodle bar (DF)
12	13	14	15	16
NO SCHOOL	<ul style="list-style-type: none"> apple crisp granola (VG) (DF) string cheese w/ cinnamon grahams 	<ul style="list-style-type: none"> blueberry bagel w/ cream cheese apple muffin 	<ul style="list-style-type: none"> autumn spice muffin zac omega bar strawberry (DF) 	<ul style="list-style-type: none"> bagel w/ cream cheese dipper doodle bar (DF)
19	20	21	HAPPY THANKSGIVING! 22	23
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL HOLIDAY	NO SCHOOL
26	27	28	29	30
<ul style="list-style-type: none"> shelf stable cinnamon chex w/ honey grahams 	<ul style="list-style-type: none"> bagel w/ cream cheese cinnamon crumble 	<ul style="list-style-type: none"> mini french toast muffin w/ string cheese zac omega bar strawberry (DF) 	<ul style="list-style-type: none"> cinnamon raisin bagel (VG) cinnamon vanilla crunch granola (VG) (DF) 	<ul style="list-style-type: none"> blueberry bagel w/ cream cheese yogurt w/ granola

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.

This institution is an equal opportunity provider.

NOVEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • cheese pizza panada pie (VG) • spicy chicken chorizo & cheese eggwich • ham and cheese sandwich • hummus dippers (VG) ○ pinto beans ○ baby carrots	2 • chicken tamale (DF) • mongolian beef • buffalo chicken wrap • egg salad sandwich (VG) (DF) ○ chili citrus corn
5 • buffalo chicken sandwich • *HOT* dog (DF) • cheddar cheese sandwich (VG) • turkey & cheddar sandwich ○ glazed carrots sliced	6 • bean and cheese quesadilla (VG) • jerk chicken drumstick (DF) • sesame chicken salad • sunny sandwich kit (VG) ○ celery sticks	7 • pepper jack cheeseburger • fiesta scoops with three layer dip (VG) • chicken caesar salad • bbq chicken wrap ○ chopped lettuce & sliced tomato w/ ranch	8 • chicken bites • bbq beef flatbread melt • mighty meaty deli combo • egg salad sandwich (VG) (DF) ○ pinto beans & grape tomatoes w/ ranch	9 • pancakes w/ omelet (VG) • chicken gumbo & cornbread • rainbow veggie pizza (VG) • chicken salad sandwich (DF) • southwest veggie wrap (VG) ○ steam corn
12 NO SCHOOL	13 • oven roasted chicken sandwich (DF) • chicken potstickers w/ not so fried rice • bean & cheese pupusa (VG) • honey mustard salad w/ grilled chicken bites • ham & cheese sandwich ○ lettuce & tomato w/ ranch	14 • kung pao chicken • spaghetti marinara w/ mozzarella (VG) • cheddar cheese sandwich (VG) • buffalo chicken wrap ○ steam corn	15 • *HOT* dog (DF) • popcorn chicken w/ bbq beans • cheesy ravioli (VG) • mighty meaty deli combo • sesame chicken wrap (DF) ○ green beans	16 • holiday meal roasted turkey and stuffing (DF) • chicken enchiladas • garden ranch salad w/ chicken breast • hummus dippers (VG) ○ mashed yams
19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 HAPPY THANKSGIVING! NO SCHOOL HOLIDAY	23 NO SCHOOL
26 • flame broiled beef cheeseburger • cheese pizza (vg) • garden ranch salad w/ chicken breast • ham and cheese sandwich ○ island glazed carrots	27 • rainbow veggie pizza (vg) • bf for lunch: pancakes w/ omelet (vg) • chili citrus drumstick w/ rice (df) • mighty meaty deli combo sandwich • chicken pizza party salad ○ blanched broccoli w/ ranch	28 • ranchero beef rice bowl • crispy chicken sandwich (df) • sesame chicken wrap (df) • cheddar cheese sandwich (vg) ○ edamame	29 • chicken sausage and cheddar eggel sandwich • bbq "beef" vegan calzoni (vg) • turkey and cheddar sandwich • buffalo chicken wrap ○ chilled, seasoned green beans	30 • hearty veggie chili (vg) • hot dog (df) • chicken caesar wrap • chicken salad sandwich (df) ○ Chili citrus corn

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**

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