

NOVEMBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <ul style="list-style-type: none"> <li>HOT pancake bowl peach</li> <li>mini french toast muffin &amp; yogurt</li> <li>corn chex w/ mini dipperdoodle bar</li> </ul>	2 <ul style="list-style-type: none"> <li>HOT egg &amp; sausage quesadilla</li> <li>blueberry burst bagel w/cream cheese</li> <li>cheerios/mini dipperdoodle bar(DF)</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>
5 <ul style="list-style-type: none"> <li>string cheese/cinnamon grahams</li> <li>corn chex w/ mini dipperdoodle bar</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>	6 <ul style="list-style-type: none"> <li>HOT pancakes w/syrup</li> <li>lemon muffin</li> <li>cinnamon chex/ zac attack strawberry(DF)</li> </ul>	7 <ul style="list-style-type: none"> <li>HOT green chile breakfast burrito</li> <li>cinnamon raisin bagel (VG)</li> <li>cheerios/mini dipperdoodle bar (DF)</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>	8 <ul style="list-style-type: none"> <li>HOT french toast sticks</li> <li>blueberry muffin</li> <li>cheerios w/ zac attack bar</li> </ul>	9 <ul style="list-style-type: none"> <li>HOT omelet w/cheese</li> <li>bagel w/cream cheese</li> <li>multigrain cheerios/ zac attack strawberry (DF)</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>
12 <ul style="list-style-type: none"> <li>zee zees cinnamon crisp bar (VG)(DF)</li> <li>cheerios w/ mini dipperdoodle bar</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>	13 <ul style="list-style-type: none"> <li>HOT pancake bowl strawberry</li> <li>blueberry muffin</li> <li>cinnamon grahams/ cinnamon rumbles</li> </ul>	14 <ul style="list-style-type: none"> <li>HOT cornbread &amp; egg omelet</li> <li>strawberry parfait</li> <li>cinnamon chex/ zac attack strawberry (DF)</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>	15 <ul style="list-style-type: none"> <li>HOT cheesy bean breakfast burrito</li> <li>french toast muffin</li> <li>multigrain cheerios/ zac attack strawberry (DF)</li> </ul>	16 <ul style="list-style-type: none"> <li>HOT cinnamon toast bagel</li> <li>yogurt/cinnamon grahams</li> <li>cinnamon chex/ zac attack apple(DF)</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>
19 <ul style="list-style-type: none"> <li>cheerios w/ mini dipperdoodle bar</li> <li>dipper doodle bar (DF)</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>	20 <ul style="list-style-type: none"> <li>HOT SW chicken chorizo &amp; cheese bagel sandwich</li> <li>mini french toast muffin/ string cheese</li> <li>cinnamon chex/ zac attack apple</li> </ul>	21 <ul style="list-style-type: none"> <li>HOT mini cheese omelet w/ french toast stick</li> <li>breakfast cinnamon crumble</li> <li>multigrain cheerios w/ mini dipperdoodle bar</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>	HAPPY THANKSGIVING! 22 <ul style="list-style-type: none"> <li>HOLIDAY</li> </ul>	23 <ul style="list-style-type: none"> <li>HOLIDAY</li> </ul>
26 <ul style="list-style-type: none"> <li>SHELF STABLE cinnamon chex/honey grahams</li> </ul>	27 <ul style="list-style-type: none"> <li>breakfast enchilada scramble w/scoops (VG)</li> <li>lemon muffin</li> <li>multigrain cheerios/ zac attack strawberry (DF)</li> </ul>	28 <ul style="list-style-type: none"> <li>HOT pepper jack cheese &amp;omelet gordita</li> <li>zee zees cinnamon crisp bar (VG)(DF)</li> <li>cinnamon chex/zac attack apple (DF)</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>	29 <ul style="list-style-type: none"> <li>HOT pancake bowl peach</li> <li>mini french toast muffin &amp; yogurt</li> <li>cheerios w/ mini dipperdoodle bar</li> </ul>	30 <ul style="list-style-type: none"> <li>HOT egg &amp; sausage quesadilla</li> <li>blueberry burst bagel w/cream cheese</li> <li>cinnamon chex/ zac attack strawberry (DF)</li> </ul> <ul style="list-style-type: none"> <li>orange juice available</li> </ul>

NSLP K-12 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.

NOVEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <ul style="list-style-type: none"> <li>chicken bites</li> <li>chicken alfredo</li> <li>chicken sausage &amp; cheddar eggel sandwich</li> <li>sunbutter &amp; jelly (VG)</li> <li>seasoned green beans</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>firecracker chicken w/ sesame noodles</li> <li>breakfast for lunch: pancakes w/ omelet (VG)</li> <li>buffalo chicken crunchadilla</li> <li>chicken caesar wrap</li> <li>pinto beans</li> <li>baby carrots</li> </ul>
<p>5</p> <ul style="list-style-type: none"> <li>cheesy pizza bite (VG)</li> <li>baked mac &amp; cheese w/ chicken bites</li> <li>spicy chicken sausage &amp; cheese eggel sandwich</li> <li>turkey &amp; cheddar sandwich</li> <li>steamed corn</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>bean &amp; cheese quesadilla (VG)</li> <li>hot dog (DF)</li> <li>fiesta scoops w/ three layer dip (VG)</li> <li>chicken caesar wrap</li> <li>orangy carrots</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>cheese pizza (VG)</li> <li>sloppy joe (DF)</li> <li>honey mustard chicken wrap</li> <li>coleslaw</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li><b>NEW !!</b> steak fajita bowl w/ beans &amp; corn</li> <li>meatball sub</li> <li>chicken pizza party salad</li> <li>spaghetti marinara (VG)</li> <li>broccoli</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>green chili &amp; cheese tamale (VG)</li> <li>veggie chili (VG)</li> <li>general tso chicken</li> <li>santa fe chile chicken wrap</li> <li>smoky black eyed peas</li> <li>grape tomatoes</li> </ul>
<p>12</p> <ul style="list-style-type: none"> <li>crispy chicken sandwich(DF)</li> <li>spicy popcorn chicken sandwich</li> <li>spaghetti marinara (VG)</li> <li>buffalo chicken wrap</li> <li>chili citrus corn</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>classic chicken parm pasta</li> <li>cheese ravioli (VG)</li> <li>kickin chicken melt sandwich</li> <li>chinese chicken noodles</li> <li>island glazed carrots</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>cheesy pizza bites</li> <li>chicken potstickers w/not-so-fried rice</li> <li>hot dog (DF)</li> <li>sesame chicken wrap</li> <li>broccoli &amp; carrot salad</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li><b>HOLIDAY MEAL</b> roasted turkey &amp; stuffing (DF)</li> <li>chicken bites</li> <li>cheese pizza panada pie(VG)</li> <li>turkey &amp; cheddar sandwich</li> <li>seasoned green beans</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>breakfast for lunch: pancakes w/ omelet (VG)</li> <li>mongolian beef</li> <li>firecracker chicken w/ sesame noodles</li> <li>bbq chicken wrap</li> <li>seasoned black beans</li> <li>baby carrots</li> </ul>
<p>19</p> <ul style="list-style-type: none"> <li>bbq beef flatbread (VG)</li> <li>baked mac &amp; cheese w/ chicken bites</li> <li>chicken caesar salad</li> <li>broccoli</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>chicken gumbo &amp; cornbread</li> <li>buffalo chicken crunchadilla</li> <li>southwest veggie wrap (VG)</li> <li>steamed corn</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>oven roasted chicken sandwich (DF)</li> <li>sloppy joe (DF)</li> <li>bean &amp; cheese pupusas</li> <li>honey mustard chicken wrap</li> <li>seasoned green beans w/ ranch</li> </ul>	<p>HAPPY THANKSGIVING! 22</p> <ul style="list-style-type: none"> <li><b>HOLIDAY</b></li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li><b>HOLIDAY</b></li> </ul>
<p>26</p> <ul style="list-style-type: none"> <li>spaghetti &amp; meatballs (DF)</li> <li>crispy chicken sandwich (DF)</li> <li>cheese pizza (VG)</li> <li>chicken salad sandwich (DF)</li> <li>steamed cartos</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>bbq meatball w/ cheesy rice</li> <li>chicken alfredo</li> <li>chicken sausage &amp; cheddar eggel sandwich</li> <li>sunbutter &amp; jelly (VG)</li> <li>seasoned green beans</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>cheesy pizza bite (VG)</li> <li>buffalo chicken sandwich</li> <li>mighty meaty deli</li> <li>chili citrus corn</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>cheesy ravioli (VG)</li> <li>hot dog (DF)</li> <li>bean &amp; cheese quesadilla (VG)</li> <li>honey mustard salad w/ chicken bites</li> <li>broccoli w/ ranch</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>firecracker chicken sesame noodles</li> <li>breakfast for lunch: pancakes w/ omelet (VG)</li> <li>buffalo chicken crunchadilla</li> <li>chicken caesar wrap</li> <li>pinto beans</li> <li>baby carrots</li> </ul>

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.

o **Vegetable** of the day