

# NOVEMBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Apple Cinnamon Muffins Granny Smith Apples 100% Fruit Juice (DAR) Milk
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Cheerios Cereal Bars Peach Cups 100% Fruit Juice (DAR) Milk	Blueberry Muffins Tropical Fruit Cups 100% Fruit Juice (DAR) Milk	Cinnamon Toast Cereal Apple Sauce 100% Fruit Juice (DAR) Milk	Nutri Grain Bars Banana 100% Fruit Juice (DAR) Milk	Fruit Loops Cereal Pineapple Tidbits 100% Fruit Juice (DAR) Milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Oatmeal Breakfast Bars Fruit Salad Cup 100% Fruit Juice (DAR) Milk	Honey Cheerios Cereal Banana 100% Fruit Juice (DAR) Milk	Nutri Grain Bars Pineapple Tidbits 100% Fruit Juice (DAR) Milk	Coco Puffs Cereal Peach Cups 100% Fruit Juice (DAR) Milk	Blueberry Muffins Apple sauce 100% Fruit Juice (DAR) Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Cinnamon Toast Cereal Granny Smith Apples 100% Fruit Juice (DAR) Milk	Trix Cereal Bars Mixed Fruit Cups 100% Fruit Juice (DAR) Milk	Apple Cinnamon Muffins Diced Pears 100% Fruit Juice (DAR) Milk	Frosted Flakes Cereal Banana 100% Fruit Juice (DAR) Milk	Oatmeal Breakfast Bars Peach Cups 100% Fruit Juice (DAR) Milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
THANKSGIVING WEEK	THANKSGIVING WEEK	THANKSGIVING WEEK	THANKSGIVING WEEK	THANKSGIVING WEEK

## MENU NOTIFICATIONS

**(VEG)**- Vegetarian Meal  
**(DAR)**- Dairy used in Meal  
**(LS)** - Locally Sourced Options  
**(W/W)** - Whole Wheat  
**NUTS** - Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute  
**PORK** - Pork is never served

**Substitutions** - Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without

# NOVEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
				<p align="center"><b>1</b></p> Beef Hot Dogs <b>(New)</b> (LS) Whole Wheat Bun Roasted Corn Diced Pears (DAR) Milk
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Beef Cheeseburgers (LS) Whole Wheat Bun Green Beans Golden Apples (DAR) Milk	Lemon Pepper Chicken Legs Yellow Rice Roasted Carrots Banana (DAR) Milk	Turkey Nachos <b>(New)</b> Whole Grain Tortilla Chips Refried Beans Mixed Fruit Cups (DAR) Milk	BBQ Meatballs Hawaiian Rolls Roasted Broccoli Bosc Pears (DAR) Milk	Pepperoni Turkey Pizza <b>(New)</b> Whole Wheat Flatbread Oven Fried French Fries Tropical Fruit Cups (DAR) Milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chicken Tenders & Waffles <b>(New)</b> Whole Grain Waffles Honey Roasted Carrots Diced Pears (DAR) Milk	Spaghetti & Meatball Whole Wheat Spaghetti w/ Tomato Sauce Cauliflower Gala Apples (DAR) Milk	Jerk Chicken Legs Yellow Rice Roasted Corn Salad Grape Snack Packs (DAR) Milk	Beef & Cheese Burrito <b>(New)</b> Whole Wheat Wrap Steamed Broccoli Banana (DAR) Milk	Beef Hot Dogs <b>(New)</b> (LS) Whole Wheat Bun Baked Beans Pineapple Snack Packs (DAR) Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Grilled Chicken Sandwich <b>(New)</b> Whole Wheat Bun Green Peas Tropical Fruit Cups (DAR) Milk	Turkey Nachos <b>(New)</b> Whole Grain Tortilla Chips Refried Beans Banana (DAR) Milk	BBQ Chicken Legs Corn Bread Roasted Broccoli Cantaloupe Snack Packs (DAR) Milk	Buffalo Chicken Brown Rice w/ Pita Bread Honey Roasted Brussel Sprouts Mixed Fruit Cups (DAR) Milk	Cheese Pizza <b>(New)</b> Whole Wheat Flatbread Oven Fried Sweet Potato Fries Grape Snack Packs (DAR) Milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>THANKSGIVING WEEK</b>	<b>THANKSGIVING WEEK</b>	<b>THANKSGIVING WEEK</b>	<b>THANKSGIVING WEEK</b>	<b>THANKSGIVING WEEK</b>

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# NOVEMBER LUNCH VEGETARIAN



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				<b>1</b> Veggie Dogs <b>(New)</b> (LS) Whole Wheat Bun Roasted Corn Diced Pears (DAR) Milk
<b>4</b> Veggie Burgers (LS) Whole Wheat Bun Green Beans Golden Apples (DAR) Milk	<b>5</b> Lemon Pepper Tofu, Peppers & Cheese Yellow Rice Roasted Carrots Banana (DAR) Milk	<b>6</b> Veggie Nachos <b>(New)</b> Whole Grain Tortilla Chips Refried Beans Mixed Fruit Cups (DAR) Milk	<b>7</b> BBQ Tofu, Peppers & Cheese Hawaiian Rolls Roasted Broccoli Bosc Pears (DAR) Milk	<b>8</b> Cheese Pizza <b>(New)</b> Whole Wheat Flatbread Oven Fried French Fries Tropical Fruit Cups (DAR) Milk
<b>11</b> Meatless Nuggets & Waffles <b>(New)</b> Whole Grain Waffles Honey Roasted Carrots Diced Pears (DAR) Milk	<b>12</b> Spaghetti, Tofu, Eggplant & Cheese Whole Wheat Spaghetti w/ Tomato Sauce Cauliflower Gala Apples (DAR) Milk	<b>13</b> Jerk Tofu & Veggies Yellow Rice Roasted Corn Salad Grape Snack Packs (DAR) Milk	<b>14</b> Bean & Cheese Burrito <b>(New)</b> Whole Wheat Wrap Steamed Broccoli Banana (DAR) Milk	<b>15</b> Veggie Dogs <b>(New)</b> (LS) Whole Wheat Bun Baked Beans Pineapple Snack Packs (DAR) Milk
<b>18</b> Grilled Garden Sandwich <b>(New)</b> Whole Wheat Bun Green Peas Tropical Fruit Cups (DAR) Milk	<b>19</b> Veggie Nachos <b>(New)</b> Whole Grain Tortilla Chips Refried Beans Banana (DAR) Milk	<b>20</b> BBQ Tofu & Veggies Corn Bread Roasted Broccoli Cantaloupe Snack Packs (DAR) Milk	<b>21</b> Buffalo Tofu, Squash & Zucchini Brown Rice w/ Pita Bread Honey Roasted Brussel Sprouts Mixed Fruit Cups (DAR) Milk	<b>22</b> Cheese Pizza <b>(New)</b> Whole Wheat Flatbread Oven Fried Sweet Potato Fries Grape Snack Packs (DAR) Milk
<b>25</b> THANKSGIVING WEEK	<b>26</b> THANKSGIVING WEEK	<b>27</b> THANKSGIVING WEEK	<b>28</b> THANKSGIVING WEEK	<b>29</b> THANKSGIVING WEEK

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