

November

COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> • Blueberry Muffin • Yogurt/Granola/ Fruit • Choice of milk 	<ul style="list-style-type: none"> • String Cheese/Skeeter CINN Grahams • Breakfast Cinnamon Crumble • Choice of milk 	• NO SCHOOL
		1	2	3
<ul style="list-style-type: none"> • Yogurt/Educational Snacks • Multigrain Cheerios (DF)/ Fresh Fruit • Choice of milk 	<ul style="list-style-type: none"> • Lemon Muffin/ Fresh Fruit • Choice of milk 	<ul style="list-style-type: none"> • Blueberry Burst Whole Grain Bagel/Cream Cheese & Fresh Fruit • Choice of milk 	<ul style="list-style-type: none"> • Yogurt/Skeeter HONEY Grahams & Fresh Fruit • Choice of milk 	• NO SCHOOL
6	7	8	9	10
<ul style="list-style-type: none"> • Yogurt/Granola/ Fresh Fruit • Choice of milk 	<ul style="list-style-type: none"> • French Toast Muffin • Fresh fruit • Choice of milk 	<ul style="list-style-type: none"> • Cheerios (DF) Whole Grain Mini Dipperdoodle Bar and Fresh Fruit • Choice of milk 	<ul style="list-style-type: none"> • Autumn Spice Muffin (seasonal) Fresh Fruit • Choice of milk 	<ul style="list-style-type: none"> • Lemon Muffin with Fresh Fruit • Choice of milk
13	14	15	16	17
• NO SCHOOL	• NO SCHOOL	• NO SCHOOL	Thanksgiving Holiday	
20	21	22	23	24
<ul style="list-style-type: none"> • SHELF STABLE Cinnamon Chex/Honey Grahams • Choice of milk 	<ul style="list-style-type: none"> • Plain Whole Wheat Bagel/Cream Cheese & Fresh Fruit • Choice of milk 	<ul style="list-style-type: none"> • Multigrain Cheerios (DF) • Yogurt/Granola/ Fruit • Choice of milk 	<ul style="list-style-type: none"> • Blueberry Muffin & Fresh Fruit • Choice of milk 	
27	28	29	30	

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



November

LUNCH PSN

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> Firecracker Chicken With Sesame Noodles & Fresh Fruit Pinto Beans and Diced Carrots 	<ul style="list-style-type: none"> Cheese Pizza With A Whole Grain Crust (Vg) & Fresh Fruit Blanched Broccoli Florets With ranch 	<ul style="list-style-type: none"> NO SCHOOL
		1	2	3
<ul style="list-style-type: none"> Five Cheese Lasagna (VG) & Fresh Fruit Diced Carrots with Ranch 	<ul style="list-style-type: none"> Chicken Teriyaki With Brown Rice (DF) & Fresh Fruit Pinto Beans And Blanched Broccoli Florets 	<ul style="list-style-type: none"> Classic Chicken Parm Pasta & Fresh Fruit Steamed Corn 	<ul style="list-style-type: none"> Holiday Meal: Roasted Turkey And Stuffing & Fresh Fruit Chilled, Seasoned Green Beans 	<ul style="list-style-type: none"> NO SCHOOL
6	7	8	9	10
<ul style="list-style-type: none"> Mama's Tamale (Red Chile Chicken) (DF) & Fresh Fruit Green Peas 	<ul style="list-style-type: none"> General Tso's Chicken & Fresh Fruit Diced Carrots and Pinto beans 	<ul style="list-style-type: none"> FIELD TRIP LUNCH 	<ul style="list-style-type: none"> Flame Broiled Beef Cheeseburger & Fresh Fruit Chopped Lettuce And Sliced Tomatoes With Ranch 	<ul style="list-style-type: none"> Creamy Tomato Curry With Grilled Chicken & Fresh Fruit Sweet Potatoes
13	14	15	16	17
NO SCHOOL	<ul style="list-style-type: none"> NO SCHOOL 	<ul style="list-style-type: none"> NO SCHOOL 	Thanksgiving Holiday	
20	21	22	23	24
<ul style="list-style-type: none"> Buffalo Chicken Pizza & Fresh Fruit Diced Carrots With Ranch 	<ul style="list-style-type: none"> Baked Mac & Cheese and BBQ Chicken Lunch Combo & Fresh Fruit Diced Carrots With Pinto Beans 	<ul style="list-style-type: none"> Firecracker Chicken With Sesame Noodles & Fresh Fruit Chilled, Seasoned Green Beans 	<ul style="list-style-type: none"> Oven Roasted Chicken Sandwich (DF) & Fresh Fruit Blanched Broccoli Florets With Ranch 	
27	28	29	30	

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (VG) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

