

NOVEMBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Plain Bagel w/ Cream ¹ Cheese Fresh Fruits Choice of Milk	² Dipper Doodle Bar (DF) Fresh Fruit Choice of milk orange juice
⁵ Yogurt Educational Snacks Fresh Fruit Choice of Milk orange juice	⁶ Blueberry Muffin Fresh Fruits Choice of Milk	⁷ String Cheese Cinnamon Grahams Fresh Fruit Choice of Milk pineapple juice	⁸ French Toast Muffin Fresh Fruits Choice of Milk	⁹ SCHOOL CLOSED
¹² Multigrain Cheerios Mini Dipper Doodle Bar Fresh Fruit Choice of Milk Orange juice	¹³ Zee Zee Berry Apple Crisp Bar Fresh Fruits Choice of Milk	¹⁴ Autumn Spice Muffin Fresh Fruit Choice of Milk pineapple juice	¹⁵ Cinnamon Crumble Fresh Fruits Choice of Milk	¹⁶ Plain Bagel w/ Cream Cheese Fresh Fruit Choice of Milk Orange Juice
¹⁹ Yogurt Educational Snacks Fresh Fruit Choice of Milk orange juice	²⁰ French Toast Muffin Fresh Fruits Choice of Milk	²¹	²² HAPPY THANKSGIVING! 	²³
²⁶ Multigrain Cheerios Educational Snack Fresh Fruit Choice of Milk Orange juice	²⁷ Cinnamon Crumble Fresh Fruits Choice of Milk	²⁸ Autumn Spice Muffin Fresh Fruit Choice of Milk pineapple juice	²⁹ String Cheese Graham Crackers Fresh Fruits Choice of Milk	³⁰ French Toast Muffin Fresh Fruit Choice of milk orange juice

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; two pieces of fresh fruit served daily except when fruit juice is offered.

NOVEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<ul style="list-style-type: none"> • Steak Fajita Bowl with Beans and Corn ¹ • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Chopped Lettuce and Sliced Tomatoes with Ranch 	<ul style="list-style-type: none"> • Chicken Potstickers with Not-So-Fried Rice ² • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Steamed Carrots
<p>5</p> <ul style="list-style-type: none"> • Baked Mac & Cheese and BBQ Chicken • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Green Beans 	<p>6</p> <ul style="list-style-type: none"> • Chicken Teriyaki with Brown Rice (DF) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Orangy Carrots 	<p>7</p> <ul style="list-style-type: none"> • Flame Broiled Beef Cheeseburger • Choice of Milk • Fruit <ul style="list-style-type: none"> ○ Chopped Lettuce and Sliced Tomatoes with Ranch 	<p>8</p> <ul style="list-style-type: none"> • Cheese Enchiladas (V) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Pinto Beans ○ Grape Tomatoes 	<p>9</p> <p>SCHOOL CLOSED</p>
<p>12</p> <ul style="list-style-type: none"> • The Revolution Hot Dog (DF) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Steamed Corn 	<p>13</p> <ul style="list-style-type: none"> • Mongolian Beef • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Edamame ○ Baby Carrots 	<p>14</p> <ul style="list-style-type: none"> • Roasted Turkey and Stuffing (DF) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Green Beans 	<p>15</p> <ul style="list-style-type: none"> • Cheese Pizza with a Whole Grain Crust (V) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Chopped Lettuce and Sliced Tomatoes 	<p>16</p> <ul style="list-style-type: none"> • General Tso's Chicken • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Glazed Carrots
<p>19</p> <ul style="list-style-type: none"> • Bean and Cheese Quesadilla (V) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Steamed Corn 	<p>20</p> <ul style="list-style-type: none"> • Crispy Chicken Sandwich (DF) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Baby Carrots with Ranch 	<p>21</p>	<p>HAPPY THANKSGIVING! ²²</p> 	<p>23</p>
<p>26</p> <ul style="list-style-type: none"> • Breakfast for Lunch: Pancakes w/ Omelet (V) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Steamed Corn 	<p>27</p> <ul style="list-style-type: none"> • Cheese Pizza with a Whole Grain Crust (V) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Green Beans 	<p>28</p> <ul style="list-style-type: none"> • Chicken Bites • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Garbanzo Beans ○ Baby Carrots 	<p>29</p> <ul style="list-style-type: none"> • The Revolution Hot Dog (DF) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Chopped Lettuce and Sliced Tomatoes 	<p>30</p> <ul style="list-style-type: none"> • Oven Roasted Chicken Sandwich (DF) • Fruit • Choice of Milk <ul style="list-style-type: none"> ○ Island Glazed Carrots

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