

November 2023

Breakfast K-12

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1		2		3
Canned Fruit in Light Syrup WG = Whole Grain		Seasonal Fruit and Yogurt Parfait Graham Crackers 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Hashbrown Stacker Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Egg & Cheese Breakfast Taco Salsa Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
6	7	8	9	10
Cereal: Honey Nut Cheerios Yogurt Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Egg & Potato Breakfast Taco Salsa Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	French Toast Sticks Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Turkey Sausage Breakfast Pizza Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	No School
13	14	15	16	17
Scrambled Eggs w/ WG buttered toast Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Cereal: Cinnamon Toast Crunch Cheese Stick Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Bagel Cream Cheese Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Assorted Yogurt Granola w/ dried fruit Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Pancake Mini Bites Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
20	21	22	23	24
Bean and Cheese Burrito WG Tortilla Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Blueberry Muffin Hardboiled Egg Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	No School	No School	No School
27	28	29	30	
Sausage/Pancake on a Stick Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Hash Browns Turkey Sausage WG Tortilla Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Omelet WG English Muffin Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Breakfast Sandwich Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	

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 "This institution is an equal opportunity provider."



November 2023

K-8

Monday

Tuesday

Wednesday

Thursday

Friday

1				
Monday	Tuesday	Wednesday	Thursday	Friday
ENTRÉE w/ GRAIN- BLUE GREEN VEG- GREEN FRUIT- PINK RED/ORANGE- RED STARCHY VEG- YELLOW OTHER VEG- ORANGE Canned Fruit in Light Syrup WG = Whole Grain 0		Beef Stir Fry w/ Brown Rice Sautéed Zucchini Applesauce 1% Lowfat White Milk or Nonfat Chocolate Milk 0	Chicken Quesadilla Refried Beans Cherry Tomatoes Grapes 1% Lowfat White Milk or Nonfat Chocolate Milk	Beef Mac Casserole Cheesy WG Breadstick Sautéed Spinach Peach Cup WG Breadstick 1% Lowfat White Milk or Nonfat Chocolate Milk
2				
6	7	8	9	10
Pepperoni Pizza WG Garlic Bread Broccoli Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk	Meatloaf Mashed potatoes w/ gravy Black Bean Salad Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	Grilled Ham & Cheese Sandwich Tomato Soup Pear Halves 1% Lowfat White Milk or Nonfat Chocolate Milk	Bean Burrito Bowl w/ Brown Rice WG Tortilla Green Peas Whole Apple 1% Lowfat White Milk or Nonfat Chocolate Milk	
3				
4				
13	14	15	16	17
Crispy Beef Tacos (2) w/ Spanish Rice Cucumber Slices Shredded Lettuce, Tomato Applesauce 1% Lowfat White Milk or Nonfat Chocolate Milk	Pulled Pork on WG Bun Seasoned potatoes Steamed Cauliflower Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Tenders Sweet Potato Fries Vegetable Medley Mandarin oranges Banana Bread Square 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk
5				
6				
20	21	22	23	24
Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes 1% Lowfat White Milk or Nonfat Chocolate Milk	Thanksgiving for Lunch Turkey Mashed Potatoes w/ Gravy Green Beans Cranberry Sauce WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk			
7				
8				
27	28	29	30	
Steak Fingers WG Roll Steamed Corn Sautéed Zucchini Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk	Teriyaki Chicken w/ Fried Rice Bean Soup Broccoli Mixed Fruit 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Spaghetti w/ Meat Sauce Garden Salad Carrot Sticks, Dressing Orange Slices 1% Lowfat White Milk or Nonfat Chocolate Milk	Tostada Dippers Spanish Rice Shredded Lettuce Cherry Tomatoes Salsa Cup Grapes 1% Lowfat White Milk or Nonfat Chocolate Milk	

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November 2023

HS

Monday

Tuesday

Wednesday

Thursday

Friday

1				
Monday	Tuesday	Wednesday	Thursday	Friday
ENTRÉE w/ GRAIN- BLUE GREEN VEG- GREEN FRUIT- PINK RED/ORANGE- RED STARCHY VEG- YELLOW OTHER VEG- ORANGE Canned Fruit in Light Syrup WG = Whole Grain 0		Beef Stir Fry w/ Brown Rice Sauteed Zucchini Applesauce Whole Orange 1% Lowfat White Milk or Nonfat Chocolate Milk 0	Chicken Quesadilla Refried Beans Cherry Tomatoes Grapes Pear Halves 1% Lowfat White Milk or Nonfat Chocolate Milk	Beef Mac Casserole Cheesy WG Breadstick Sauteed Spinach Corn Salad Peach Cup Apple slices WG Breadstick 1% Lowfat White Milk or
6	7	8	9	10
Pepperoni Pizza WG Garlic Bread Broccoli Pineapple Tidbits Orange slices 1% Lowfat White Milk or Nonfat Chocolate Milk	Meatloaf Mashed potatoes w/ gravy Black Bean Salad Mixed Fruit Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	Grilled Ham & Cheese Sandwich Tomato Soup Pear Halves Grapes 1% Lowfat White Milk or Nonfat Chocolate Milk	Bean Burrito Bowl w/ Brown Rice WG Tortilla Green Peas Whole Apple Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk	No School
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20	21	22	23	24
Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk	Thanksgiving for Lunch Turkey Mashed Potatoes w/ Gravy Green Beans Cranberry Sauce Hot Spiced Apples WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	No School	No School	No School
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Steak Fingers WG Roll Steamed Corn Sauteed Zucchini Pineapple Tidbits Mandarin Oranges 1% Lowfat White Milk or Nonfat Chocolate Milk	Teriyaki Chicken w/ Fried Rice Bean Soup Broccoli Mixed Fruit Whole Apple 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Spaghetti w/ Meat Sauce Garden Salad Carrot Sticks, Dressing Orange Slices Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	Tostada Dippers Spanish Rice Shredded Lettuce Cherry Tomatoes Salsa Cup Grapes Pear Halves 1% Lowfat White Milk or Nonfat Chocolate Milk	

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