

# November

## LUNCH 6-12

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>• cheeseburger</li> <li>• cheese pizza (VG)</li> <li>○ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• breakfast for lunch: pancakes w/omelet (VG)</li> <li>• italian calzoni (VG)</li> <li>○ broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• EARLY RELEASE DAY</li> </ul>
<ul style="list-style-type: none"> <li>• mac &amp; cheese w/chicken bites</li> <li>• <b>*NEW*</b> cheese pizza panada pie (VG)</li> <li>○ steamed carrots</li> </ul>	<ul style="list-style-type: none"> <li>• hot dog (DF)</li> <li>• cheesy ravioli (VG)</li> <li>○ chilled green beans</li> </ul>	<ul style="list-style-type: none"> <li>• oven roasted chicken sandwich</li> <li>• cheese pizza (VG)</li> <li>○ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• firecracker chicken w/sesame noodles</li> <li>• uncle ted's bbq chicken drumstick</li> <li>• cheddar cheese sandwich (VG)</li> <li>○ blanched broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• lone star bbq chicken sandwich</li> <li>• pepper jack cheeseburger</li> <li>• southwest veggie wrap (VG)</li> <li>○ pinto beans</li> <li>○ baby carrots w/ranch</li> </ul>
<ul style="list-style-type: none"> <li>• italian calzoni</li> <li>• breakfast for lunch: pancakes w/omelet (VG)</li> <li>○ glazed carrots</li> </ul>	<ul style="list-style-type: none"> <li>• hamburger (DF)</li> <li>• mama's cheese tamale (VG)</li> <li>○ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• oven roasted chicken sandwich (DF)</li> <li>• cheese pizza (VG)</li> <li>○ broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• <b>holiday meal:</b> roasted turkey &amp; stuffing (DF)</li> <li>• chicken bites</li> <li>• creamy pasta alfredo (VG)</li> <li>○ green beans</li> </ul>	<ul style="list-style-type: none"> <li>• EARLY RELEASE DAY</li> </ul>
<ul style="list-style-type: none"> <li>• NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>• NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>• NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>• HOLIDAY</li> </ul>	<ul style="list-style-type: none"> <li>• HOLIDAY</li> </ul>
<ul style="list-style-type: none"> <li>• chicken bites</li> <li>• creamy pasta alfredo (VG)</li> <li>• chicken potstickers (DF)</li> <li>○ glazed carrots</li> </ul>	<ul style="list-style-type: none"> <li>• hot dog (DF)</li> <li>• chicken tamale</li> <li>• cheese sandwich (VG)</li> <li>○ chilled green beans</li> </ul>	<ul style="list-style-type: none"> <li>• cheeseburger</li> <li>• cheese pizza (VG)</li> <li>○ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• breakfast for lunch: pancakes w/omelet (VG)</li> <li>• italian calzoni (VG)</li> <li>○ broccoli</li> </ul>	

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



# November

## BREAKFAST 6-12

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>lemon muffin</li> <li>cinnamon chex/zac attack apple</li> </ul>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>blueberry bagel</li> <li>assorted cereal</li> </ul>
		1	2	3
<ul style="list-style-type: none"> <li>dipperdoodle bar</li> <li>cinnamon chex/zac attack strawberry</li> </ul>	<ul style="list-style-type: none"> <li>HOT omelet w/cheese</li> <li>cinnamon crumble</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>french toast muffin</li> <li>multigrain cheerios w/mini dipperdoodle bar</li> </ul>	<ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>blueberry muffin</li> <li>assorted cereal</li> </ul>
6	7	8	9	10
<ul style="list-style-type: none"> <li>zee zees berry apple crisp bar</li> <li>cheerios w/mini dipperdoodle bar</li> </ul>	<ul style="list-style-type: none"> <li>yogurt w/granola</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>cinnamon chex/zac attack apple</li> </ul>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>blueberry bagel w/ cream cheese</li> <li>assorted cereal</li> </ul>
13	14	15	16	17
<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li><b>HOLIDAY</b></li> </ul>	<ul style="list-style-type: none"> <li><b>HOLIDAY</b></li> </ul>
20	21	22	23	24
<ul style="list-style-type: none"> <li>shelf stable cinnamon chex w/honey grahams</li> </ul>	<ul style="list-style-type: none"> <li>yogurt w/granola</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>cinnamon chex/zac attack apple</li> </ul>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>assorted cereal</li> </ul>	
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

