

# Breakfast Pre-K

NOVEMBER 2023

MON	TUE	WED	THU	FRI
		1 Honey Cheerios w/ Mixed Fruit Cup	2 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	3 Banana Muffin w/ 100% Fruit Juice
6 Blueberry Muffin w/ 100% Fruit Juice	7 Multi-Grain Cheerios w/ 100% Orange Juice	8 Corn Muffin w/ Fresh Apple Slices	9 <b>No School For Students</b>	10 <b>No School For Students</b>
13 Multi-Grain Flakes w/ 100% Grape Juice	14 Yogurt w/ Fresh Apple Slices	15 Rice Chex w/ 100% Apple Juice	16 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	17 Banana Muffin w/ Diced Peaches
20 Blueberry Muffin w/ 100% Fruit Juice	21 Multi-Grain Cinnamon Flakes w/ Diced Peaches	22 <b>Thanksgiving Holiday</b>	23 <b>Thanksgiving Holiday</b>	24 <b>Thanksgiving Holiday</b>
27 Multi-Grain Frosted Flakes w/ 100% Grape Juice	28 Yogurt w/ Fresh Apple Slices	29 Honey Cheerios w/ Mixed Fruit Cup	30 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	

## DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

### Breakfast Milk Choices

1% Unflavored Milk  
Skim Unflavored Milk

### Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"



# Breakfast K-5

**NOVEMBER 2023**

MON	TUE	WED	THU	FRI
		1 Cinnamon Raisin Bagel w/ Butter Diced Peaches & 100% Grape Juice	2 Honey Cheerios w/ Graham Crackers Apple Slices & 100% Orange Juice	3 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
6 Cinnamon Crisp Bar Raisins & 100% Grape Juice	7 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	8 Cinnamon Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	9 <b>No School For Students</b>	10 <b>No School For Students</b>
13 Banana Muffin Raisins & Applesauce	14 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	15 Frosted Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	16 Cinnamon Toast Crunch w/Graham Crackers Apple Slices & 100% Orange Juice	17 Cinnamon Crisp Bar Raisins & 100% Grape Juice
20 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	21 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	22 <b>Thanksgiving Holiday</b>	23 <b>Thanksgiving Holiday</b>	24 <b>Thanksgiving Holiday</b>
27 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	28 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	29 Cinnamon Raisin Bagel w/ Butter Diced Peaches & 100% Grape Juice	30 Honey Cheerios w/ Graham Crackers Apple Slices & 100% Orange Juice	

## DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

### Breakfast Milk Choices

- 1% Unflavored Milk
- Skim Unflavored Milk

### Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"



# Lunch Pre-K

**NOVEMBER 2023**

MON	TUE	WED	THU	FRI
		<b>1</b> Chicken Fingers w/Ketchup  Falafel Nuggets w/ Whole Wheat Bread Slice (V)  Corn  Fresh Apple	<b>2</b> Penne w/ Beef Meat Sauce  Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V)  Italian Vegetables  Orange slices	<b>3</b> Home-Style Macaroni & Cheese w/ Broccoli (V)  Penne W/ Cheese & Italian Vegetables  Fresh Apple
<b>6</b> Chicken Bites w/ Roasted Potatoes  Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)  Apple Slices	<b>7</b> Turkey Chili w Whole Wheat Bread Slice & Mixed Vegetables  Spanish Rice & Beans w/ Plantain ( V )  Fresh Apple	<b>8</b> Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)  Fresh Pear	<b>9</b> No School For Students	<b>10</b> No School For Students
<b>13</b> Beef Burger w/ Ketchup & Green Beans  Spanish Rice & Beans w/ Plantain (V)  Apple Slices	<b>14</b> Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables  Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)  Fresh Pear	<b>15</b> Chicken Alfredo w/ Penne Pasta  Home-Style Macaroni & Cheese (V)  Broccoli  Fresh Apple	<b>16</b> <i>Special Holiday Meal</i> Turkey w/Gravy, Corn Muffin & Mashed Potatoes Pineapple Cup  Cheese Raviolis w/Tomato Sauce & Italian Vegetables (V) Orange Slices	<b>17</b> Cheese Pizza (V)  Garden Salad w/ Ranch Dressing  Fresh Apple
<b>20</b> Chicken Parmesan w/ Green Beans  Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V)  Apple Slices	<b>21</b> Spanish Rice & Beans w/ Plantain (V)  Fresh Apple	<b>22</b> Thanksgiving Holiday	<b>23</b> Thanksgiving Holiday	<b>24</b> Thanksgiving Holiday
<b>27</b> Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese & Roll  Cheese Raviolis w/ Tomato Sauce (V)  Italian Vegetables  Apple Slices	<b>28</b> Chicken Mole w/ Brown Rice Pilaf & Green Peas  Spanish Rice & Beans w/ Plantain(V)  Fresh Pear	<b>29</b> Chicken Fingers w/ Ketchup  Falafel Nuggets w/ Whole Wheat Bread Slice (V)  Corn  Fresh Apple	<b>30</b> Penne w/ Beef Meat Sauce  Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V)  Italian Vegetables  Orange slices	

## DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

### Lunch Milk Choices

- 1% Unflavored Milk
- Skim Unflavored Milk

### Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Options are indicated with a "V"



# Lunch K-5

**NOVEMBER 2023**

MON	TUE	WED	THU	FRI
		1 Turkey Hot Dog w/ Ketchup & Baked Beans  Spanish Rice w/ Beans & Cheese (V)  Fresh Apple	2 Chicken Caesar Salad w/ Pita Bread  Cheese Lasagna in Tomato Sauce w/ Green Beans (V)  Fresh Banana	3 Chicken Breast Sandwich w/ Mayonnaise  French Bread Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple
6 Beef Cheeseburger w/ Ketchup  Egg & Cheese Sandwich w/ Ketchup (V)  Roasted Potatoes  Fresh Apple	7 Chicken Fajita w/ Black Beans & Tomato  Spanish Rice w/ Beans & Cheese (V)  Fresh Pear	8 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli  Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V)  Fresh Apple	9 <b>No School For Students</b>	10 <b>No School For Students</b>
13 Chicken Nuggets w/ Ketchup & Baked Beans  Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V)  Fresh Apple	14 Beef Meatballs in Tomato Sauce w/ Club Roll  Home-Style Macaroni & Cheese (V)  Broccoli  Fresh Pear	15 Chicken Tamale w/ Baby Carrots & Ranch Dressing  French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V)  Fresh Apple	16 <b>Special Holiday Meal</b> Turkey w/ Gravy, Corn Muffin & Mashed Potatoes  Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	17 Egg Salad Sandwich (V)  French Bread Cheese Pizza (V)  Celery w/ Ranch Dressing  Fresh Apple
20 Salisbury Steak w/ Gravy & Roasted Potatoes  Cheese Quesadilla w/ Street Corn (V)  Fresh Apple	21 BBQ Chicken w/ Brown Rice & Baked Beans  Chickpea Marinara Pasta (V)  Fresh Pear	22 <b>Thanksgiving Holiday</b>	23 <b>Thanksgiving Holiday</b>	24 <b>Thanksgiving Holiday</b>
27 BBQ Beef Meatballs w/ Club Roll  Pasta w/ Tomato Sauce & Mozzarella Cheese (V)  Broccoli  Fresh Apple	28 Chicken Tenders w/ Ketchup & Roasted Potatoes  Protein Pasta Alfredo w/ Peas (V)  Fresh Pear	29 Turkey Hot Dog w/ Ketchup & Baked Beans  Spanish Rice w/ Beans & Cheese (V)  Fresh Apple	30 Chicken Caesar Salad w/ Pita Bread  Cheese Lasagna in Tomato Sauce w/ Green Beans (V)  Fresh Banana	

## DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

## Lunch Milk Choices

- 1% Unflavored Milk
- Skim Unflavored Milk

## Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Options are indicated with a "V"



# Snack After School

**NOVEMBER 2023**

MON	TUE	WED	THU	FRI
		1 Whole-Grain Graham Crackers w/ Strawberry Yogurt	2 Whole-Grain Pretzels w/ Cheese Stick	3 Corn Muffin w/ 100% Orange Juice
6 Roasted Sunflower Seeds w/ 100% Fruit Juice	7 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	8 <b>NEW!</b> Whole-Grain Sunchips w/ 100% Orange Juice	9 <b>No School For Students</b>	10 <b>No School For Students</b>
13 Whole-Grain Pretzels w/ 100% Orange Juice	14 Whole-Grain Graham Crackers w/ 100% Fruit Juice	15 Blueberry Muffin w/ Mozzarella String Cheese	16 <b>NEW!</b> Quaker Chewy Bar w/100% Fruit Juice	17 Tostitos Scoops w/ 100% Apple Juice
20 Whole-Grain Cheez-its w/ 100% Fruit Juice	21 <b>NEW!</b> Doritos Cool Ranch w/100% Orange Juice	22 <b>Thanksgiving Holiday</b>	23 <b>Thanksgiving Holiday</b>	24 <b>Thanksgiving Holiday</b>
27 Banana Muffin w/ 100% Orange Juice	28 <b>NEW!</b> Baked Cheetos w/ 100% Fruit Juice	29 Whole-Grain Graham Crackers w/ Strawberry Yogurt	30 Whole-Grain Pretzels w/ Cheese Stick	

## DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

