

# Breakfast K-12

NOVEMBER 2024

MON	TUE	WED	THU	FRI
				1 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
4 Cinnamon Crisp Bar Raisins & 100% Grape Juice	5 Strawberry Yogurt w/ Graham Crackers (V) or Breakfast Pizza Fresh Apple & Diced Pineapple	6 NEW! Trix Cereal w/ Graham Crackers or Cinnamon Bun Diced Peaches & 100% Grape Juice	7 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Fresh Apple & 100% Orange Juice	8 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
11 Banana Muffin Raisins & Applesauce	12 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Fresh Apple & Diced Pineapple	13 Multi-Grain Frosted Flakes w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	14 Cinnamon Toast Crunch w/ Graham Crackers or Pancakes w/ Syrup Fresh Apple & 100% Orange Juice	15 Cinnamon Crisp Bar Raisins & 100% Grape Juice
18 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	19 Strawberry Yogurt w/ Graham Crackers or Cinnamon Bun Fresh Apple & Diced Pineapple	20 Honey Cheerios w/ Graham Crackers or NEW! Dutch Waffles w/ Syrup Diced Peaches & 100% Grape Juice	21 Plain Bagel w/ Cream Cheese (V) or Mini Sausage & Cheese Flatbread Fresh Apple & 100% Orange Juice	22 NEW! Trix Cereal w/ Graham Crackers Diced Peaches & 100% Grape Juice
25 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	26 Strawberry Yogurt w/ Graham Crackers or NEW! Cheesy Biscuit Melt Fresh Apple & Diced Pineapple	27 Cinnamon Raisin Bagel w/ Butter or Apple Frudel Diced Peaches & 100% Grape Juice	28	29

## DID YOU KNOW...

- ✓ All grain products are whole grain 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% Milk and Skim Milk

### Please Note

Locally grown component planned daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"



# Lunch K-8

NOVEMBER 2024

MON	TUE	WED	THU	FRI
				1 Chicken Breast Sandwich w/ Mayo <b>or</b> French Bread Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  <b>Fresh Apple</b>
4 Beef Cheeseburger w/ Ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup (V)  Roasted Potatoes  <b>Fresh Apple</b>	5 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans <b>or</b> Latin Bean Melt Flatbread (V)  Fresh Pear	6 <b>NEW!</b> Pancakes, Fried Egg & Turkey Sausage Bites w/ Roasted Sweet Potatoes <b>or</b> <b>NEW!</b> Thai Noodle Salad Baby Carrots w/ Ranch Dressing (V)  <b>Fresh Apple</b>	7 Spaghetti and Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> Cobb Salad w/ Pita Bread & Ranch Dressing (V)  Fresh Banana	8 Turkey & Cheese Sandwich w/ Mayo <b>or</b> Cheese Pizza (V)  Garden Salad w/ Italian Dressing  <b>Fresh Apple</b>
11 Chicken Nuggets w/ Ketchup & Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V)  <b>Fresh Apple</b>	12 Beef Meatballs in Tomato Sauce w/ Club Roll <b>or</b> Home-Style Macaroni & Cheese (V)  Broccoli  Fresh Pear	13 Breaded Chicken Cutlet Sandwich w/ Hot Sauce <b>or</b> French Toast Sticks w/ Scrambled Eggs (V)  Roasted Sweet Potatoes  <b>Fresh Apple</b>	14 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V)  Fresh Banana	15 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V)  Celery w/ Ranch Dressing  <b>Fresh Apple</b>
18 Turkey Fajita w/ Brown Rice & Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  <b>Fresh Apple</b>	19 BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice w/ Cheese & Beans (V)  Fresh Pear	20 Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing <b>or</b> Cheese Raviolis w/ Green Beans (V)  <b>Fresh Apple</b>	21 <b>Holiday Meal</b> Turkey w/ Mash Potatoes & Gravy Corn Muffin <b>or</b> Cheese Quesadilla w/ Sour Cream and Street Corn (V)  Fresh Banana	22 Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing <b>or</b> Cheese Pizza (V) Garden Salad & Ranch Dressing  <b>Fresh Apple</b>
25 BBQ Beef Meatballs w/ Club Roll <b>or</b> Pasta w/ Tomato Sauce & Mozzarella Cheese (V)  Broccoli  <b>Fresh Apple</b>	26 Chicken Tenders w/ Ketchup & Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V)  Fresh Pear	27 Turkey Hot Dog w/ Ketchup & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V)  <b>Fresh Apple</b>	28	29

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### Lunch Milk Choices

1% Milk and Skim Milk

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Locally grown component planned daily.

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# Lunch 9-12

NOVEMBER 2024

MON	TUE	WED	THU	FRI
				1 Chicken Breast Sandwich w/ Mayo <b>or</b> French Bread Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  <b>Fresh Apple</b> & Raisins
4 Beef Cheeseburger w/ Ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup (V)  Roasted Potatoes  <b>Fresh Apple</b> & Fresh Orange	5 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans <b>or</b> Latin Bean Melt Flatbread (V)  Diced Peaches & Fresh Pear	6 <b>NEW!</b> Pancakes, Fried Egg & Turkey Sausage Bites w/ Roasted Sweet Potatoes <b>or</b> <b>NEW!</b> Thai Noodle Salad Baby Carrots w/ Ranch Dressing (V)  Fresh Banana & <b>Fresh Apple</b>	7 Spaghetti and Beef Meatballs in Tomato Sauce <b>or</b> Cobb Salad w/ Pita Bread & Ranch Dressing (V)  Diced Pineapple & Fresh Banana	8 Turkey & Cheese Sandwich w/ Mayo <b>or</b> Cheese Pizza (V)  Garden Salad w/ Italian Dressing  <b>Fresh Apple</b> & Raisins
11	12 Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese & Sliced Bread <b>or</b> Home-Style Macaroni & Cheese (V)  Broccoli Diced Peaches & Fresh Pear	13 Breaded Chicken Cutlet Sandwich w/ Hot Sauce <b>or</b> French Toast Sticks w/ Scrambled Eggs & Graham Crackers (V)  Roasted Sweet Potatoes Fresh Banana & <b>Fresh Apple</b>	14 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V)  Diced Pineapple & Fresh Banana	15 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V)  Celery Sticks w/ Ranch Dressing  <b>Fresh Apple</b> & Raisins
18 Turkey Fajita w/ Brown Rice & Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  <b>Fresh Apple</b> & Fresh Orange	19 BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V)  Diced Peaches & Fresh Pear	20 Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing <b>or</b> Edamame Noodle Bowl w/ Blended Vegetables (V)  Fresh Banana & <b>Fresh Apple</b>	21 <b>Holiday Meal</b> Turkey w/ Mash Potatoes & Gravy Corn Muffin <b>or</b> Cheese Quesadilla w/ Sour Cream and Street Corn (V)  Diced Pineapple & Fresh Banana	22 Southwestern Chicken Salad w/ Pita Bread <b>or</b> Cheese Sandwich (V)  Garden Salad w/ Ranch Dressing  <b>Fresh Apple</b> & Raisins
25 BBQ Beef Meatballs w/ Whole Wheat Bread Slice <b>or</b> Pasta w/ Tomato Sauce & Mozzarella Cheese (V)  Broccoli  <b>Fresh Apple</b> & Fresh Orange	26 Chicken Tenders w/ Ketchup & Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Peas (V)  Diced Peaches & Fresh Pear	27 Turkey Hot Dog w/ Ketchup & Baked Beans <b>or</b> Spanish Rice & Beans w/ Cheese (V)  Fresh Banana & <b>Fresh Apple</b>	28	29

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