

November

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> hot omelet w/ cheese (vg) lemon muffin (vg) apple cinna-grins cereal (df) (vg) <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> hot buenos dias breakfast burrito yogurt/dick and janes smart crackers (vg) cold english muffin with turkey and cheese <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> *NEW* hot classic chicken sausage and cheddar bagel sandwich breakfast cinnamon crumble (vg) rf honey buttons cereal (vg) (df) <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> dipper doodle bar (vg) (df) blueberry burst whole grain bagel/cream cheese (vg) <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> yogurt/granola (vg) rf flurries cereal (df) (vg) <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> hot pancakes w/ syrup (vg) french toast muffin (vg) jumpstart breakfast: mini dipperdoodle /string cheese/ <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> hot egg and sausage quesadilla plain whole wheat bagel/cream cheese (vg) rf honey buttons cereal (vg) (df) <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> hot english muffin with turkey and cheese blueberry muffin zac omega bar blackberry (df) <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> cinnamon duo: skeeter cinnamon (vg) grahams/ cinnamon rumbles rf flurries cereal (df) (vg) <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> zac omega bar strawberry (df) rf cocoa bops cereal (df) <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> *NEW* hot classic chicken sausage and cheddar bagel sandwich blueberry burst whole grain bagel/cream cheese (vg) breakfast cinnamon crumble (vg) <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> hot omelet w/ cheese (vg) autumn spice muffin (seasonal) (vg) string cheese/skeeter cinn grahams (vg) <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> hot breakfast burrito (vg) apple cinna-grins cereal (vg) (df) dipper doodle bar (df) (vg) <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> lemon muffin (vg) cold english muffin with turkey and cheese <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> yogurt/dick and janes smart crackers (vg) jumpstart breakfast: mini dipperdoodle /string cheese (vg) <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> hot waffles with syrup (vg) rf cocoa bops cereal (df) plain whole wheat bagel/cream cheese (vg) <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> *NEW* hot southwest chicken chorizo and cheese bagel sandwich french toast muffin (vg) skeeter honey grahams/ cinnamon rumbles (df)(vg) <p style="text-align: right;">23</p>	<h3>Thanksgiving Break</h3>	
<ul style="list-style-type: none"> shelf stable rf flurries / cinnamon skeeters/shelf stable fruit/shelf stable milk (df) rf flurries cereal (df) (vg) <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> hot pancakes with syrup (vg) lemon muffin (vg) yogurt/granola (vg) <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> hot cinnamon toast bagel (vg) breakfast cinnamon crumble (vg) mini dipperdoodle /hard boiled egg (df) (vg) <p style="text-align: right;">30</p>		

What's New?

Introducing two ****NEW**** hot breakfast sandwiches:

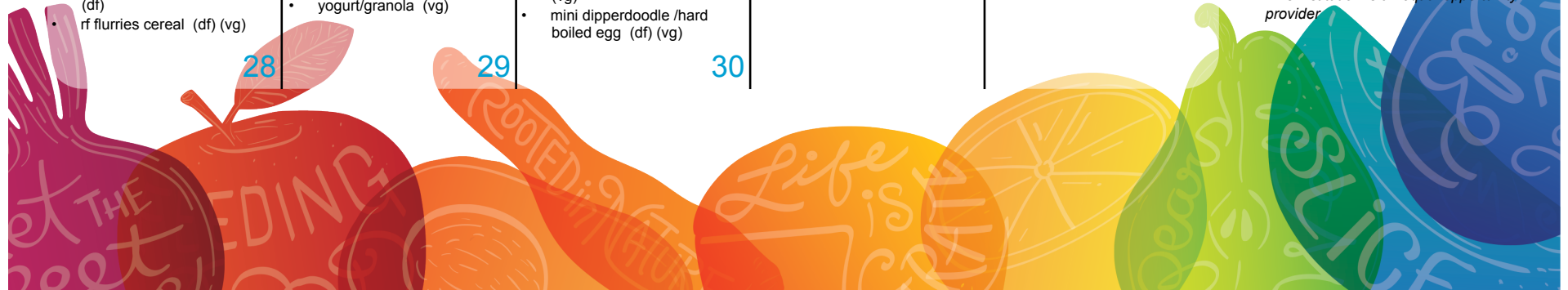
Chicken Sausage & Cheddar Bagel. Look out for it on Nov. 3 and 5!

Spicy Chicken Chorizo Sausage & Cheese Bagel. Look of for it on Nov 23!

Breakfast: choice of % or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider.



November

UNITIZED BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> lemon muffin (vg) rf flurries cereal /mini dipperdoodle (df) (vg) <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> yogurt/dick and janes smart crackers (vg) cold english muffin with turkey and cheese <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble (vg) zac omega bar strawberry (df) (vg) <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> dipper doodle bar (vg) (df) blueberry burst whole grain bagel/cream cheese (vg) <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> yogurt/granola (vg) rf honey buttons cereal / zac attack strawberry bar (df) (vg) <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> french toast muffin (vg) jumpstart breakfast: mini dipperdoodle /string cheese (vg) <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> plain whole wheat bagel/ cream cheese (vg) breakfast cinnamon crumble (vg) <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> blueberry muffin (vg) zac omega bar blackberry (df) (vg) <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> cinnamon duo: skeeter cinnamon grahams/ cinnamon rumbles (vg) cold bagel sandwich with cheese (vg) <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> zac omega bar strawberry (df) (vg) rf flurries cereal /mini dipperdoodle (df) (vg) <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese (vg) breakfast cinnamon crumble (vg) <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> autumn spice muffin (seasonal) (vg) string cheese/skeeter cinn grahams (vg) <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> plain whole wheat bagel/ cream cheese (vg) dipper doodle bar (df) (vg) <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> lemon muffin (vg) cold english muffin with turkey and cheese <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> yogurt/dick and janes smart crackers (vg) jumpstart breakfast: mini dipperdoodle /string cheese (vg) <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> zac omega bar blackberry (df) (vg) plain whole wheat bagel/ cream cheese (vg) <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> french toast muffin skeeter honey (vg) grahams/cinnamon rumbles (df) <p style="text-align: right;">23</p>	<h3>Thanksgiving Break</h3>	
<ul style="list-style-type: none"> zac omega bar apple (df) (vg) string cheese/skeeter cinnamon grahams <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> lemon muffin (vg) yogurt/granola (vg) <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble (vg) dipper doodle bar (vg) (df) <p style="text-align: right;">30</p>		

Look out for your favorite Revolution Foods meals!

Breakfast: choice of % or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider.



November

LUNCH PK

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> cheese pizza panada pie (vg) chicken bites (df) honey mustard chicken wrap seasoned kidney beans with broccoli <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> cheese ravioli with marinara sauce (vg) baked mac & cheese and bbq chicken lunch combo chicken salad sandwich (df) chilled, seasoned green beans <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> oven roasted chicken sandwich (df) flame broiled beef cheeseburger southwest veggie wrap (vg) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> jumbo caribbean meatball with rice (df) bbq chicken with cheesy rice cheese sandwich (vg) sweet potatoes <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> "pepperoni" calzoni pizza (meatless) (vg) bbq chicken quesadilla chicken salad sandwich (df) braised greens <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> cheese lasagna with whole grain pasta (vg) spaghetti and meatballs (df) turkey and cheese sandwich seasoned black beans with diced carrots <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> spicy chicken chorizo and cheese eggel sandwich chicken enchiladas cheese sandwich (vg) sweet potatoes <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> bbq chicken sandwich cheese pizza with a whole grain crust (vg) sesame chicken wrap (df) sliced cucumber with ranch <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> jumbo italian meatball with penne kickin chicken melt sandwich egg salad sandwich (vg) (df) corn <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> crispy chicken sandwich (df) (dmv) hawaiian meatballs with island style rice cheese sandwich (vg) chilled, seasoned green beans with ranch <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> cheese ravioli with marinara sauce (vg) bbq chicken pasta with mozzarella and corn chicken salad sandwich (df) pinto beans with broccoli <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> oven roasted chicken sandwich (df) sloppy joe (df) egg salad sandwich (vg) (df) sweet potatoes <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> roasted turkey and stuffing (df) (seasonal) cheese enchiladas (vg) honey mustard chicken wrap mashed potatoes <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> chicken teriyaki with brown rice (df) chicken taco trio southwest veggie wrap (vg) braised greens <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> flame broiled beef cheeseburger cheese pizza with a whole grain crust (vg) bbq chicken wrap corn <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (vg) orange chicken rice bowl chicken salad sandwich (df) black beans with tomatoes <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> sweet garlic noodles with chicken thigh hot meatball sub sunbutter and jelly sandwich (vg) chilled, seasoned green beans with ranch <p style="text-align: right;">23</p>	Thanksgiving Break	
<ul style="list-style-type: none"> cheese lasagna with whole grain pasta (vg) lone star grilled chicken breast sandwich chicken salad sandwich (df) chilled, seasoned green beans <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> chicken bites (df) chicken sausage and cheddar eggel sandwich (vg) (df) egg salad sandwich (vg) (df) pinto beans with diced carrots <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> kickin chicken parm pasta baked mac & cheese and bbq baked beans lunch combo (vg) turkey and cheese sandwich corn <p style="text-align: right;">30</p>		

Holiday Cheer!

Our Holiday Roast Turkey Meal is back and will be available on November 17!

Lunch: choice of % 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

This institution is an equal opportunity provider.



November

LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • cheese pizza panada pie (vg) • chicken bites (df) • honey mustard chicken wrap • chicken salad sandwich (df) • garbanzo beans with broccoli <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (vg) • baked mac & cheese and bbq chicken lunch combo • ham and cheese sandwich • chicken caesar wrap • local chilled seasoned green beans <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • oven roasted chicken sandwich (df) • flame broiled beef cheeseburger • garden chicken ranch salad • southwest veggie wrap (vg) • shredded lettuce and sliced tomatoes with ranch <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • jumbo caribbean meatball with rice (df) • bbq chicken with cheesy rice • cheese sandwich (vg) • sesame chicken wrap (df) • local sweet potatoes <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> • "pepperoni" calzoni pizza (vg) • bbq chicken quesadilla • chicken pizza party salad • sunbutter and jelly sandwich (vg) • local braised greens <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • cheese lasagna (vg) • spaghetti and meatballs (df) • turkey and cheese sandwich • bbq chicken wrap • black beans with baby carrots <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • spicy chicken chorizo and cheese eggel sandwich • chicken enchiladas • chicken salad sandwich (df) • cheese sandwich (vg) • local sweet potatoes <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • all natural hot dog (df) • buffalo chicken sandwich • sesame chicken salad • southwest veggie wrap (vg) • celery sticks with ranch <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • jumbo italian meatball kickin chicken melt • egg salad sandwich (vg) (df) • chicken caesar wrap • corn <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> • crispy chicken sandwich (df) • hawaiian meatballs with island style rice • sesame chicken salad • cheese sandwich (vg) • local chilled seasoned green beans <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • cheese ravioli (vg) • bbq chicken pasta • chicken salad sandwich (df) • chillin' chinese chicken noodles • garbanzo beans with broccoli <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • oven roasted chicken sandwich (df) • sloppy joe (df) • egg salad sandwich (vg) (df) • turkey and cheese sandwich • local sweet potatoes <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • *Holiday* roasted turkey and stuffing (df) • cheese enchiladas (vg) • honey mustard chicken wrap • ham and cheese sandwich • mashed potatoes <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • chicken teriyaki with brown rice (df) • chicken taco trio • bbq chicken wrap • veggie chef's salad (vg) • local braised greens <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> • all natural hot dog (df) • cheese pizza with a whole grain crust (vg) • turkey and cheese sandwich • bbq chicken wrap • local corn <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • pancakes w/ omelet (vg) • orange chicken rice bowl (df) • chicken salad sandwich(df) • chicken caesar wrap • edamame with grape tomatoes <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • sweet garlic chicken noodles • hot meatball sub • sesame chicken wrap (df) • sunbutter and jelly sandwich (vg) • local chilled seasoned green beans <p style="text-align: right;">23</p>	<h3 style="color: red;">Thanksgiving Break</h3>	
<ul style="list-style-type: none"> • cheese lasagna with whole grain pasta (vg) • lone star grilled chicken breast sandwich • chicken salad sandwich (df) • sesame chicken salad • local chilled seasoned green beans <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • chicken bites (df) • chicken sausage and cheddar eggel sandwich • veggie chef's salad (vg) • sesame chicken wrap (df) • pinto beans with baby carrots <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • kickin chicken parm pasta • baked mac & cheese and bbq baked beans lunch combo (vg) • turkey and cheese sandwich • chillin' chinese chicken noodles • local corn <p style="text-align: right;">30</p>		

Holiday Cheer!

Our Holiday Roast Turkey Meal is back and will be available on November 17!

Lunch: choice of % 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

This institution is an equal opportunity provider.



November

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> zac attack bar apple string cheese <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> multigrain rumbles - ranch dick and janes smart crackers revolution foods honey wheat crackers <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> sunflower seeds mini dipperdoodle <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> blazin hots seeds yogurt <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> sunflower seeds zac attack bar strawberry (snack) <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> skeeter honey grahams multigrain rumbles - ranch goldfish cheese crackers <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> yogurt mini dipperdoodle <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> goldfish pretzels revolution foods honey wheat crackers dick and janes smart crackers <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> sunflower seeds granola/string cheese <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> mini dipperdoodle string cheese <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> goldfish pretzels/juice goldfish pretzels multigrain rumbles - salsa fresca <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> blazin hots seeds zac attack bar apple (snack) <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> skeeter cinnamon grahams revolution foods honey wheat crackers multigrain rumbles - cinnamon <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> yogurt mini dipperdoodle <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> sunflower seeds granola/string cheese <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> skeeter honey grahams dick and janes smart crackers goldfish cheese crackers <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> yogurt zac attack bar strawberry <p style="text-align: right;">23</p>	Thanksgiving Break	
<ul style="list-style-type: none"> skeeter cinnamon grahams goldfish cheese crackers multigrain rumbles - salsa fresca <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> zac attack bar apple string cheese <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> multigrain rumbles - ranch dick and janes smart crackers revolution foods honey wheat crackers <p style="text-align: right;">30</p>		

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

This institution is an equal opportunity provider



November

SUPPER

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> sloppy joe (df) cheese sandwich (vg) chicken and mozzarella wrap with honey mustard <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> fiesta bowl with beef turkey and cheese sandwich hummus and whole grain flatbread (vg) <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> firecracker chicken with spicy sesame noodles l2 ranch rumbles and string cheese supper kit (vg) chicken caesar salad <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> chicken pasta alfredo southwest chicken wrap sunbutter and jelly sandwich (vg) <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> cheese ravioli with marinara sauce (vg) chicken caesar salad chicken salad sandwich (df) <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> chicken potstickers (df) l2 smart crackers and yogurt supper kit (vg) bbq chicken wrap <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> flame broiled beef burger (df) veggie taco salad (vg) chillin' chinese chicken noodles (df) <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> chicken taco trio egg salad sandwich (vg) (df) turkey and cheese sandwich <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> bbq chicken with cheesy rice rf honey wheat crackers and cheese supper kit (vg) chicken and mozzarella wrap with honey mustard <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> cheese pizza with a whole grain crust (vg) ranch rumbles and string cheese supper kit (vg) turkey and cheese sandwich <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> all natural hot dog (df) southwest veggie wrap (vg) chicken salad sandwich (df) <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> cheese lasagna with whole grain pasta (vg) sesame chicken salad sunbutter and jelly sandwich (vg) <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> roasted turkey and stuffing (df) (seasonal) turkey ranch wrap cheese sandwich (vg) <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> baked mac & cheese with chicken sausage combo chicken caesar wrap rf honey wheat crackers and cheese supper kit (vg) <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> bbq chicken quesadilla smart crackers and yogurt supper kit (vg) turkey and cheese sandwich <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> "pepperoni" calzoni pizza (meatless) (vg) chicken and mozzarella wrap with honey mustard egg salad sandwich (vg) (df) <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> flame broiled beef cheeseburger chicken salad sandwich (df) sunbutter and jelly sandwich (vg) <p style="text-align: right;">23</p>	<h3>Thanksgiving Break</h3>	
<ul style="list-style-type: none"> chicken potstickers (df) southwest veggie wrap (vg) chicken salad sandwich (df) <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> cheese lasagna with whole grain pasta (vg) garden ranch salad with chicken breast turkey and cheese sandwich <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> all natural hot dog (df) chillin' chinese chicken noodles (df) l2 smart crackers and yogurt supper kit (vg) <p style="text-align: right;">30</p>		

Fresh Fruit Offerings

Monday – Pineapple
 Tuesday – Pear
 Wednesday – Banana
 Thursday – Apple
 Friday – Orange

Supper: choice of % 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.

This institution is an equal opportunity provider

