



November 2023 Breakfast Menu



	Mon	Tue	Wed	Thu	Fri
Week 1			1 Whole Wheat Pancakes with Syrup Oranges 1% Low Fat Milk	2 Fresh Whole Wheat Corn Muffin Cantaloupes 1% Low Fat Milk	3 Baked Turkey Bacon Whole Wheat Toast Mixed Fruit Cup 1% Low Fat Milk
Week 2	6 French Toast Sticks with Syrup Mixed Fruit Cup 1% Low Fat Milk		8 Whole Wheat Bagel with Cream Cheese Bananas 1% Low Fat Milk	9 Whole Wheat Pancakes with Syrup Pears 1% Low Fat Milk	10 Baked Turkey Bacon Hash Browns Honeydew 1% Low Fat Milk
Week 3	13 Fresh Croissant Applesauce 1% Low Fat Milk	14 Bran Muffin Bananas 1% Low Fat Milk	15 Honey Wheat Bagel with Cream Cheese Apples 1% Low Fat Milk	16 Whole Wheat Corn Muffin Oranges 1% Low Fat Milk	17 Baked Turkey Bacon Whole Wheat Toast Watermelon 1% Low Fat Milk
Week 4	20 Cereal: All Bran Sliced Peaches 1% Low Fat Milk	21 Waffles with Syrup Bananas 1% Low Fat Milk	22 Whole Wheat Pancakes with Syrup Strawberries 1% Low Fat Milk		
Week 5	27 Whole Wheat Bagel with Cream Cheese Apricot Halves 1% Low Fat Milk	28 Corn Muffin Bananas 1% Low Fat Milk	29 Whole Wheat Pancakes with Syrup Oranges 1% Low Fat Milk	30 Fresh Whole Wheat Corn Muffin Strawberries 1% Low Fat Milk	



MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCTS* *ANY MILK SUBSTITUTIONS REQUIRE A DOCTOR'S NOTE (I.E. ALMOND, OAT, ETC.)

100% FRESH FRUITS & VEGETABLES: BANANAS * PINEAPPLE * APPLES * HONEYDEW * TANGERINES * BROCOLLI * CARROTS * ETC.

VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY





November 2023 Vegetarian Breakfast Menu



	Mon	Tue	Wed	Thu	Fri
Week 1			1 Whole Wheat Pancakes with Syrup Oranges 1% Low Fat Milk	2 Fresh Whole Wheat Corn Muffin Cantaloupes 1% Low Fat Milk	3 Morningstar Farms® Veggie Breakfast Sausage Whole Wheat Toast Mixed Fruit Cup 1% Low Fat Milk
Week 2	6 French Toast Sticks with Syrup Mixed Fruit Cup 1% Low Fat Milk		8 Whole Wheat Bagel with Cream Cheese Bananas 1% Low Fat Milk	9 Whole Wheat Pancakes with Syrup Pears 1% Low Fat Milk	10 Morningstar Farms® Veggie Breakfast Sausage Hash Browns Honeydew 1% Low Fat Milk
Week 3	13 Fresh Croissant Applesauce 1% Low Fat Milk	14 Bran Muffin Bananas 1% Low Fat Milk	15 Honey Wheat Bagel with Cream Cheese Apples 1% Low Fat Milk	16 Whole Wheat Corn Muffin Oranges 1% Low Fat Milk	17 Morningstar Farms® Veggie Breakfast Sausage Whole Wheat Toast Watermelon 1% Low Fat Milk
Week 4	20 Cereal: All Bran Sliced Peaches 1% Low Fat Milk	21 Waffles with Syrup Bananas 1% Low Fat Milk	22 Whole Wheat Pancakes with Syrup Strawberries 1% Low Fat Milk		
Week 5	27 Whole Wheat Bagel with Cream Cheese Apricot Halves 1% Low Fat Milk	28 Corn Muffin Bananas 1% Low Fat Milk	29 Whole Wheat Pancakes with Syrup Oranges 1% Low Fat Milk	30 Fresh Whole Wheat Corn Muffin Strawberries 1% Low Fat Milk	



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100% FRESH FRUITS & VEGETABLES: BANANAS * PINEAPPLE * APPLES * HONEYDEW * TANGERINES * BROCOLLI * CARROTS * ETC.





November 2023 Lunch Menu



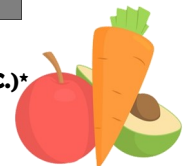
	Mon	Tue	Wed	Thu	Fri
Week 1			1 Turkey Burger Whole Wheat Bun Carrots & Pineapple 1% Low Fat Milk	2 Crispy Baked Fish w/Hawaiian Wheat Roll French Fries Honeydew 1% Low Fat Milk	3 Fresh Cheese Pizza Corn & Pears 1% Low Fat Milk
Week 2	6 Black Bean Quesadilla Canned Corn Applesauce 1% Low Fat Milk		8 Toasted Whole Wheat Cheese Sandwich Spinach/Kiwi 1% Low Fat Milk	9 Yellow Rice Chicken Breast Mixed Vegetables Pineapple 1% Low Fat Milk	10 Jamaican Patties Corn/Watermelon Whole Wheat Roll 1% Low Fat Milk
Week 3	13 Chicken Patties w/ Cheese Whole Wheat Bun Carrots Mixed Fruit Cups 1% Low Fat Milk	14 Chicken Tenders French Fries String Beans & Pears 1% Low Fat Milk	15 Rice and Beans w/ Baked Plantains Mixed Salad 1% Low Fat Milk	16 Baked Mozzarella Sticks Whole Wheat Italian Bread Carrots & Pineapple 1% Low Fat Milk	17 Turkey Lasagna Cauliflower & Apple Whole Wheat Roll 1% Low Fat Milk
Week 4	20 Turkey Spaghetti Spinach & Pears 1% Low Fat Milk	21 Baked Turkey with Gravy Mashed Potatoes Mixed Salad/Cornbread 1% Low Fat Milk	22 Baked Chicken Baked Potato Wedges Apples Whole Wheat Roll 1% Low Fat Milk		
Week 5	27 Baked Penne Pasta Cucumber Salad Apples 1% Low Fat Milk	28 Baked Chicken & Baked Plantains Rice & Peas, Pineapples 1% Low Fat Milk	29 Turkey Burger Whole Wheat Bun Carrots & Mixed Fruit Cup 1% Low Fat Milk	30 Crispy Baked Fish w/Hawaiian Wheat Roll French Fries & Cantaloupes 1% Low Fat Milk	



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VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY





November 2023 Vegetarian Lunch Menu



	Mon	Tue	Wed	Thu	Fri
Week 1			1 Gardenburger® Hamburger on a Whole Wheat Bun Carrots & Pineapple 1% Low Fat Milk	2 Morningstar Farms® Chik'n Nuggets w/Hawaiian Wheat Roll French Fries & Honeydew 1% Low Fat Milk	3 Fresh Cheese Pizza Corn & Pears 1% Low Fat Milk
Week 2	6 Black Bean Quesadilla Canned Corn Applesauce 1% Low Fat Milk		8 Toasted Whole Wheat Cheese Sandwich Spinach/Kiwi 1% Low Fat Milk	9 Yellow Rice Morningstar Farms® Chik'n Nuggets Mixed Vegetables Pineapple 1% Low Fat Milk	10 Morningstar Farms® Garden Veggie Patties Corn/Watermelon Whole Wheat Roll 1% Low Fat Milk
Week 3	13 Gardenburger® Hamburger w/ Cheese & Whole Wheat Bun Carrots Mixed Fruit Cup 1% Low Fat Milk	14 Morningstar Farms® Chik'n Nuggets French Fries String Beans & Pears 1% Low Fat Milk	15 Rice and Beans w/ Baked Plantains Mixed Salad 1% Low Fat Milk	16 Baked Mozzarella Sticks Whole Wheat Italian Bread Carrots & Pineapple 1% Low Fat Milk	17 Tofu Lasagna Cauliflower & Apple Whole Wheat Roll 1% Low Fat Milk
Week 4	20 Tofu Spaghetti Spinach & Pears 1% Low Fat Milk	21 Morningstar Farms® Chik'n Nuggets w/ Gravy Mashed Potatoes Mixed Salad/Cornbread 1% Low Fat Milk	22 BBQ Morningstar Farms® Chik'n Nuggets Baked Potato Wedges Apples Whole Wheat Roll 1% Low Fat Milk		
Week 5	27 Baked Penne Pasta Cucumber Salad Apples 1% Low Fat Milk	28 BBQ Morningstar Farms® Chik'n Nuggets & Baked Plantains Rice & Peas, Pineapples 1% Low Fat Milk	29 Gardenburger® Hamburger on a Whole Wheat Bun Carrots & Mixed Fruit Cup 1% Low Fat Milk	30 Morningstar Farms® Chik'n Nuggets w/Hawaiian Wheat Roll French Fries & Cantaloupes 1% Low Fat Milk	



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November 2023 Snack Menu



	Mon	Tue	Wed	Thu	Fri
Week 1			1 Graham Crackers Tangerines	2 Whole Grain Cheez-Its Mixed Fruit Cup	3 Whole Grain Waffle Grahams 100% Orange Juice
Week 2	6 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*		8 Graham Crackers Oranges	9 Whole Grain Cheez-Its Mixed Fruit Cup	10 Whole Grain Waffle Grahams Applesauce
Week 3	13 Whole Grain Animal Crackers 100% Apple Juice Apricot Halves*	14 W/G Pretzels & Cheese Cubes Oranges	15 Graham Crackers Bananas	16 Whole Grain Cheez-Its Mixed Fruit Cup	17 Whole Grain Waffle Grahams Sliced Peaches
Week 4	20 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*	21 Vanilla Grahams Apple Juice	22 Whole Grain Waffle Grahams Applesauce		
Week 5	27 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*	28 Saltine Crackers Cheese Cubes 100% Grape Juice	29 Graham Crackers 100% Orange Juice	30 Whole Grain Cheez-Its Mixed Fruit Cup	



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***Note: When 100% Juice is served, students six years old and above receive the juice and fruit listed.**

