



November 2019
K-12 BREAKFAST MENU
 Menu subject to change*

				FRIDAY 1
				½ cup 100% Juice ½ cup Banana WG Blueberry Lemon Bites Milk
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
½ cup 100% Juice ½ cup Applesauce WG Fruit and Grain Bar Goldfish Graham Milk	½ cup 100% Juice ½ cup Fresh Apple Breakfast Round Milk	½ cup 100% Juice ½ cup Craisins WG Strawberry Pop-Tart Milk	½ cup 100% Juice ½ cup Banana WG Fruity Cheerios Cereal Milk	½ cup 100% Juice ½ cup Fresh Apple WG Chocolate Chip Bar Milk
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
	½ cup 100% Juice ½ cup Fresh Orange WG Cocoa Puff Cereal Elf Grahams Milk	½ cup 100% Juice ½ Cup Craisins Mini Strawberry Bagel Milk	½ cup 100% Juice ½ cup Banana WG Cinnamon Toast Crunch Cereal Milk	½ cup 100% Juice ½ cup Fresh Apple WG Strawberry Bar
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
½ cup 100% Juice ½ cup Applesauce WG Strawberry Pop-Tart Milk	½ cup 100% Juice ½ cup Apple WG Trix Cereal Graham Cracker Milk	½ cup 100% Juice ½ cup Fresh Pear WG Strawberry Bar Milk	½ cup 100% Juice ½ cup Strawberry Craisins KIX Elf Grahams Milk	½ cup 100% Juice ½ cup Banana WG Blueberry Lemon Bites Milk
MONDAY 25	TUESDAY 26	WEDNESDAY 27	28	FRIDAY 29
½ cup 100% Juice ½ cup Applesauce WG Fruit and Grain Bar Goldfish Graham Milk	½ cup 100% Juice ½ cup Fresh Apple Breakfast Round Milk		 HAPPY THANKSGIVING	

BREAKFAST

November 2019
K-8 Lunch (*Menus subject to change*)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Orange Chicken Stir-fry (16)100% Juice (18)2oz Chicken Thighs (4)1/4c Edamame 1oz Oriental Dressing (4)1c Spaghetti Noodles (3)1/2c Broccoli (12) Milk
4 Lasagna Roll-Up (16)100% Juice Lasagna Roll-up (2oz meat alternative/2oz grains) 2oz red sauce (6)3/4c green beans (12) Milk	5 Breakfast Sandwich (12)Applesauce cup (3)1oz egg patty 1oz cheddar cheese 2oz WG english muffin (28)3/4c tater tots Ketchup (12) Milk	6 Chicken Patty (16)100% Juice (40) Chicken Patty 2oz WG Bun (8) 3/4c mixed vegetable BBQ Packet (12) Milk	7 Cheese Pizza (12)Applesauce cup (37) Cheese Pizza (10) 3/4c Fresh Baby Carrots Ranch packet (12) Milk	8 Hot Dog (16)100% Juice (25)2oz Turkey Hot Dog 2oz WG Bun (58)3/4c baked beans Ketchup (12) Milk
11 Veterans Day NO School	12 Taco Bites (16)100% Juice (34)3/4c Pinto Beans (30) 3 Taco Pizza Bites (2oz meat alternative/2oz grains) (1) Taco Sauce Packet (12) Milk	13 Turkey & Cheese sandwich Pear (32)2oz Turkey Breast 0.5oz American Cheese 2oz WG Bread (3)3/4c baby carrots (2)Mayo (12) Milk	14 Grilled Chicken Sandwich (12)Applesauce Cup (26)3oz Chicken Breast 2oz WG Bun (12)3/4c Tater Tots BBQ packet (12) Milk	15 Chicken Ranch Pizza (16)100% Juice (95)1oz chicken 1oz cheddar 1oz ranch 2oz WG crust (12)3/4c fresh baby carrots (12) Milk
18 Chicken Nuggets (16)100% Juice (16)WG chicken nuggets (2oz meat, 1oz grain) (28)3/4c tater tots Ketchup (12) Milk	19 Salisbury Steak (27)Fresh banana (5)Salisbury steak (2oz meat) (4)1c pasta (6)2oz brown gravy (5)3/4c mixed vegetable (12) Milk	20 Cheese Quesadilla (16)100% Juice (30)2oz Cheese Quesadilla (2oz MMA, 1oz G) (17)3/4c Pinto Beans (1)Taco Sauce (12) Milk	21 Roasted Chicken Parm (19)Fresh Apple (60)2oz chicken thighs 0.5oz mozzarella cheese 2oz red sauce 1c penne (8)3/4c green beans (12) Milk	22 Stuffed Breadstick (16)100% Juice (25)WG stuffed breadstick (2oz meat alternative/2oz grains) (12)3/4c Carrots (4)2oz marinara cup (12) Milk
25 Hamburger (16)100% Juice (25)Burger Patty (2oz meat) 2oz WG Bun, (28)3/4c tater tots Ketchup (12) Milk	26 Turkey Dinner (12)Craisins Turkey 1/2c Mashed Potatoes 3/4c Mixed Vegetable Gravy Dinner roll (12) Milk	27 NO School	28  HAPPY THANKSGIVING	NO School

LUNCH