



## November Hot Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast Cereal WG Crackers Fresh Fruit Skim or 1% Milk	2 Sausage Breakfast Sandwich Fresh Fruit Skim or 1% Milk	3 Assorted Yogurt Cup Graham Fresh Fruit Skim or 1% Milk	4 Whole Grain Pancakes (1) w/ Sausage & Syrup Fresh Fruit Skim or 1% Milk
7 Breakfast Pizza Fresh Fruit Skim or 1% Milk	8 Assorted Yogurt Cup String Cheese Fresh Fruit Skim or 1% Milk	9 Sausage Breakfast Sandwich Fresh Fruit Skim or 1% Milk	10 Homemade Blueberry Bread Fresh Fruit Skim or 1% Milk	11 Whole Grain Waffle (2) & Syrup Fresh Fruit Skim or 1% Milk
14 Egg & Cheese Breakfast Sandwich Fresh Fruit Skim or 1% Milk	15 Breakfast Cereal String Cheese Fresh Fruit Skim or 1% Milk	16 Breakfast Pizza Fresh Fruit Skim or 1% Milk	17 Muffin Town String Cheese Fresh Fruit Skim or 1% Milk	18 Whole Grain Pancakes (1) w/ Sausage & Syrup Fresh Fruit Skim or 1% Milk
21 Sausage Breakfast Sandwich Fresh Fruit Skim or 1% Milk	22 Whole Grain Bagel Cream Cheese Fresh Fruit Skim or 1% Milk	23 Whole Grain Waffle (2) & Syrup Fresh Fruit Skim or 1% Milk	24 Homemade Banana Bread Fresh Fruit Skim or 1% Milk	25 Egg & Cheese Breakfast Sandwich Fresh Fruit Skim or 1% Milk
28 Breakfast Pizza Sandwich Fresh Fruit Skim or 1% Milk	29 Muffin Town String Cheese Fresh Fruit Skim or 1% Milk	30 Whole Grain Pancakes (1) w/ Sausage & Syrup Fresh Fruit Skim or 1% Milk		



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## November Hot Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sloppy Joe Sandwich Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	2 Hot Dog on Whole Grain Bun Baked Beans Skim or 1% Milk	3 Sweet & Sour Meatballs Brown Rice Glazed Carrots Fresh Fruit Skim or 1% Milk	4 Cheese Pizza Roasted Broccoli Fresh Fruit Skim or 1% Milk
7 Turkey & Cheese Melt Green Beans Fresh Fruit Skim or 1% Milk	8 BBQ Chicken Dinner Roll Carrots Corn Blend Fresh Fruit Skim or 1% Milk	9 Southwest Turkey Rice Bowl w/Salsa Seasoned Black Beans Fresh Fruit Skim or 1% Milk	10 Teriyaki Chicken Sandwich Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	11 Baked Chicken Pasta Roasted Broccoli Fresh Fruit Skim or 1% Milk
14 Chicken Patty Sandwich Carrots Fresh Fruit Skim or 1% Milk	15 Chicken Nuggets Dinner Roll Green Beans Fresh Fruit Skim or 1% Milk	16 Hamburger on Whole Grain Bun Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	17 Cheese Pizza Steamed Corn Fresh Fruit Skim or 1% Milk	18 Turkey Meatloaf w/ Gravy Sweet Potato Mash Collard Greens Fresh Fruit Skim or 1% Milk
21 Hot Dog on Whole Grain Bun Roasted Potato Wedges Skim or 1% Milk	22 BBQ Chicken Dinner Roll Seasoned Carrots Fresh Fruit Skim or 1% Milk	23 Southwest Turkey Rice Bowl w/Salsa Seasoned Black Beans Fresh Fruit Skim or 1% Milk	24 Turkey & Cheese Melt Green Beans Fresh Fruit Skim or 1% Milk	25 Baked Chicken Pasta Roasted Broccoli Fresh Fruit Skim or 1% Milk
28 Hamburger on Whole Grain Bun Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	29 Chicken Nuggets Dinner Roll Green Beans Fresh Fruit Skim or 1% Milk	30 Teriyaki Meatballs Brown Rice Glazed Carrots Fresh Fruit Skim or 1% Milk		



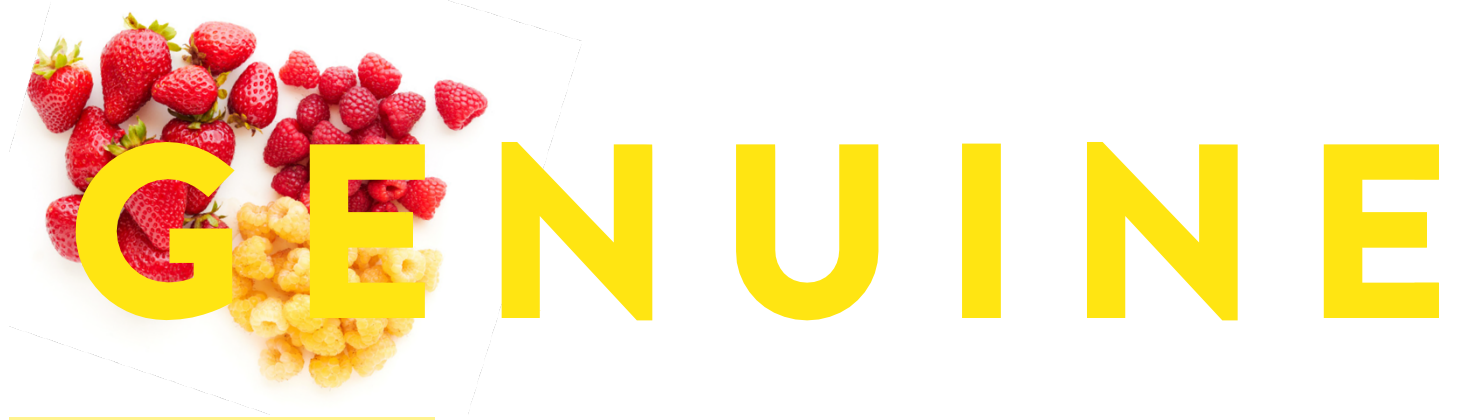
## November Vegetarian Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sloppy Joe Sandwich Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	2 Veggie Burger on Whole Grain Bun Baked Beans Skim or 1% Milk	3 Sweet & Sour Meatballs Brown Rice Glazed Carrots Fresh Fruit Skim or 1% Milk	4 Cheese Pizza Roasted Broccoli Fresh Fruit Skim or 1% Milk
7 Veggie Burger on Whole Grain Bun Green Beans Fresh Fruit Skim or 1% Milk	8 BBQ Chick'n Dinner Roll Carrots Corn Blend Fresh Fruit Skim or 1% Milk	9 Southwest Chick'n Rice Bowl w/Salsa Seasoned Black Beans Fresh Fruit Skim or 1% Milk	10 Teriyaki Chick'n Sandwich Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	11 Baked Chick'n Pasta Roasted Broccoli Fresh Fruit Skim or 1% Milk
14 Veggie Burger on Whole Grain Bun Seasoned Carrots Fresh Fruit Skim or 1% Milk	15 Chick'n Nuggets Dinner Roll Green Beans Fresh Fruit Skim or 1% Milk	16 Veggie Burger on Whole Grain Bun Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	17 Cheese Pizza Steamed Corn Fresh Fruit Skim or 1% Milk	18 Veggie Meatloaf w/ Gravy Sweet Potato Mash Collard Greens Fresh Fruit Skim or 1% Milk
21 Veggie Burger on Whole Grain Bun Roasted Potato Wedges Skim or 1% Milk	22 BBQ Chick'n Dinner Roll Seasoned Carrots Fresh Fruit Skim or 1% Milk	23 Southwest Chick'n Rice Bowl w/Salsa Seasoned Black Beans Fresh Fruit Skim or 1% Milk	24 Veggie Burger on Whole Grain Bun Green Beans Fresh Fruit Skim or 1% Milk	25 Baked Chick'n Pasta Roasted Broccoli Fresh Fruit Skim or 1% Milk
28 Veggie Burger on Whole Grain Bun Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	29 Chick'n Nuggets Dinner Roll Green Beans Fresh Fruit Skim or 1% Milk	30 Veggie Teriyaki Meatballs Brown Rice Glazed Carrots Fresh Fruit Skim or 1% Milk		



## November Allergen Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Teriyaki Chicken Brown Rice & Glazed Carrots Fresh Fruit Skim or 1% Milk	2 Jerk Chicken Red Rice & Green Beans Fresh Fruit Skim or 1% Milk	3 Lemon Chicken Brown Rice & Steamed Corn Fresh Fruit Skim or 1% Milk	4 Greek Chicken Red Rice & Roasted Broccoli Fresh Fruit Skim or 1% Milk
7 BBQ Chicken Red Rice & Glazed Peas Fresh Fruit Skim or 1% Milk	8 Southwest Chicken Brown Rice & Glazed Carrots Fresh Fruit Skim or 1% Milk	9 Teriyaki Chicken Red Rice & Green Beans Fresh Fruit Skim or 1% Milk	10 Jerk Chicken Brown Rice & Steamed Corn Fresh Fruit Skim or 1% Milk	11 Lemon Chicken Red Rice & Roasted Broccoli Fresh Fruit Skim or 1% Milk
14 Greek Chicken Red Rice & Glazed Peas Fresh Fruit Skim or 1% Milk	15 BBQ Chicken Brown Rice & Glazed Carrots Fresh Fruit Skim or 1% Milk	16 Southwest Chicken Red Rice & Green Beans Fresh Fruit Skim or 1% Milk	17 Teriyaki Chicken Brown Rice & Steamed Corn Fresh Fruit Skim or 1% Milk	18 Jerk Chicken Red Rice & Roasted Broccoli Fresh Fruit Skim or 1% Milk
21 Lemon Chicken Red Rice & Glazed Peas Fresh Fruit Skim or 1% Milk	22 Greek Chicken Brown Rice & Glazed Carrots Fresh Fruit Skim or 1% Milk	23 BBQ Chicken Red Rice & Green Beans Fresh Fruit Skim or 1% Milk	24 Southwest Chicken Brown Rice & Steamed Corn Fresh Fruit Skim or 1% Milk	25 Teriyaki Chicken Red Rice & Roasted Broccoli Fresh Fruit Skim or 1% Milk
28 Jerk Chicken Red Rice & Glazed Peas Fresh Fruit Skim or 1% Milk	29 Lemon Chicken Red Rice & Glazed Peas Fresh Fruit Skim or 1% Milk	30 Greek Chicken Brown Rice & Glazed Carrots Fresh Fruit Skim or 1% Milk		



## November Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Gold Fish Apple	2 Whole Grain Cracker Pears	3 Sunchips 100% Juice Box (6 oz)	4 String Cheese Apple
7 Whole Grain Cracker 100% Juice Box (6 oz)	8 Gold Fish Apple	9 Whole Grain Cracker Pears	10 Sunchips 100% Juice Box (6 oz)	11 String Cheese Apple
14 Whole Grain Cracker 100% Juice Box (6 oz)	15 Gold Fish Apple	16 Whole Grain Cracker Pears	17 Sunchips 100% Juice Box (6 oz)	18 String Cheese Apple
21 Whole Grain Cracker 100% Juice Box (6 oz)	22 Gold Fish Apple	23 Whole Grain Cracker Pears	24 Sunchips 100% Juice Box (6 oz)	25 String Cheese Apple
28 Whole Grain Cracker 100% Juice Box (6 oz)	29 Gold Fish Apple	30 Whole Grain Cracker Pears		