

Breakfast Pre-K

NOVEMBER 2023

| MON | TUE | WED | THU | FRI |
|------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------|
| | | 1 Honey Cheerios w/ Mixed Fruit Cup | 2 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice | 3 Banana Muffin w/ 100% Fruit Juice |
| 6 Blueberry Muffin w/ 100% Fruit Juice | 7 Multi-Grain Cheerios w/ 100% Orange Juice | 8 Corn Muffin w/ Fresh Apple Slices | 9 Yogurt w/ 100% Orange Juice | 10 Cheerios w/ 100% Grape Juice |
| 13 Multi-Grain Flakes w/ 100% Grape Juice | 14 Yogurt w/ Fresh Apple Slices | 15 Rice Chex w/ 100% Apple Juice | 16 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice | 17 Banana Muffin w/ Diced Peaches |
| 20 Blueberry Muffin w/ 100% Fruit Juice | 21 Multi-Grain Cinnamon Flakes w/ Diced Peaches | 22 Multi-Grain Cheerios w/ Fresh Apple Slices | 23 | 24 |
| 27 Multi-Grain Frosted Flakes w/ 100% Grape Juice | 28 Yogurt w/ Fresh Apple Slices | 29 Honey Cheerios w/ Mixed Fruit Cup | 30 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice | |

DID YOU KNOW...

- ✓ All grain products are wholegrain 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% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"



Breakfast K-5

NOVEMBER 2023

| MON | TUE | WED | THU | FRI |
|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| | | 1 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice | 2 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice | 3 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice |
| 6 Cinnamon Crisp Bar Raisins & 100% Grape Juice | 7 Strawberry Yogurt w/ Graham Crackers or NEW! Breakfast Pizza Apple Slices & Diced Pineapple | 8 Cinnamon Flakes w/ Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice | 9 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice | 10 Blueberry Muffin Fresh Orange & 100% Pineapple Juice |
| 13 Banana Muffin Raisins & Applesauce | 14 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple | 15 Frosted Flakes w/ Graham Crackers or NEW! Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice | 16 Cinnamon Toast Crunch w/Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice | 17 Cinnamon Crisp Bar Raisins & 100% Grape Juice |
| 20 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice | 21 Strawberry Yogurt w/ Graham Crackers or NEW! Mini Sausage & Cheese Flatbread Apple Slices & Diced Pineapple | 22 Honey Cheerios w/ Graham Crackers or French Toast w/ Syrup Diced Peaches & 100% Grape Juice | 23 | 24 |
| 27 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce | 28 Strawberry Yogurt w/ Graham Crackers or Pancakes w/ Syrup Apple Slices & Diced Pineapple | 29 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice | 30 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice | |

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Lunch Pre-K

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| | | 1 Chicken Fingers w/Ketchup or Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn Fresh Apple | 2 Penne w/ Beef Meat Sauce or Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Italian Vegetables Orange slices | 3 Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple |
| 6 Chicken Bites w/ Roasted Potatoes or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Apple Slices | 7 Turkey Chili w Whole Wheat Bread Slice & Mixed Vegetables or Spanish Rice & Beans w/ Plantain (V) Fresh Apple | 8 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Fresh Pear | 9 BBQ Chicken w/ Sweet Mashed Potatoes or Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices | 10 Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Italian Vegetables Fresh Apple |
| 13 Beef Burger w/ Ketchup & Green Beans or Spanish Rice & Beans w/ Plantain (V) Apple Slices | 14 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear | 15 Chicken Alfredo w/ Penne Pasta or Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple | 16 Special Holiday Meal Turkey w/Gravy, Corn Muffin & Mashed Potatoes Pineapple Cup or Cheese Raviolis w/Tomato Sauce & Italian Vegetables (V) Orange Slices | 17 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple |
| 20 Chicken Parmesan w/ Green Beans or Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Apple Slices | 21 Spanish Rice & Beans w/ Plantain (V) Fresh Apple | 22 Salisbury Steak w/ Roasted Potatoes or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear | 23 | 24 |
| 27 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese & Roll or Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Apple Slices | 28 Chicken Mole w/ Brown Rice Pilaf & Green Peas or Spanish Rice & Beans w/ Plantain(V) Fresh Pear | 29 Chicken Fingers w/ Ketchup or Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn Fresh Apple | 30 Penne w/ Beef Meat Sauce or Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Italian Vegetables Orange slices | |

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Lunch K-5

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| | | 1 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple | 2 Chicken Caesar Salad w/ Pita Bread or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana | 3 Chicken Breast Sandwich w/ Mayonnaise or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple |
| 6 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple | 7 Chicken Fajita w/ Black Beans & Tomato or Spanish Rice w/ Beans & Cheese (V) Fresh Pear | 8 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple | 9 NEW! Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana | 10 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple |
| 13 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple | 14 Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear | 15 Chicken Tamale w/ Baby Carrots & Ranch Dressing or French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V) Fresh Apple | 16 Special Holiday Meal Turkey w/ Gravy, Corn Muffin & Mashed Potatoes or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana | 17 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple |
| 20 Salisbury Steak w/ Gravy & Roasted Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple | 21 BBQ Chicken w/ Brown Rice & Baked Beans or Chickpea Marinara Pasta (V) Fresh Pear | 22 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple | 23 | 24 |
| 27 BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple | 28 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Peas (V) Fresh Pear | 29 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple | 30 Chicken Caesar Salad w/ Pita Bread or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana | |

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Supper Grab & Go

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| | | 1 Build Your Own Pizza Kit (V) Fresh Orange | 2 Chicken Salad Sandwich Side Salad w/Ranch Dressing Fresh Pear or Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup | 3 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice or Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce |
| 6 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce | 7 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) or Build Your Own Pizza Kit (V) Fresh Orange | 8 Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple or Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V) | 9 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup | 10 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V) |
| 13 Sunbutter & Jelly Sandwich (V) Baby Carrots Diced Peaches | 14 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V) | 15 Build Your Own Pizza Kit (V) Fresh Orange | 16 Chicken Salad Sandwich Side Salad w/ Ranch Dressing Fresh Pear or Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup | 17 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice or Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce |
| 20 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce | 21 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) or Build Your Own Pizza Kit (V) Fresh Orange | 22 Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple or Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V) | 23 | 24 |
| 27 Sunbutter & Jelly Sandwich (V) Baby Carrots Diced Peaches | 28 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V) | 29 Build Your Own Pizza Kit (V) Fresh Orange | 30 Chicken Salad Sandwich Side Salad w/ Ranch Dressing Fresh Pear or Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup | |

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