

November 2022 Breakfast Menu "A"

Monday	Tuesday	Wednesday	Thursday	Friday
DAILY CEREAL OPTION				
Fruit Loops w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams <i>(w/ Banana on 11/1)</i>	Fruit Loops w/ Cinnamon Grahams	Cinnamon Frosted Flakes w/ Honey Grahams	Apple Jacks w/ Cinnamon Grahams
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
Mango Muffin	Yogurt Parfait w/ Blueberries Honey Grahams	Banana Bread	French Toast Slice	Coffee Cake
<i>Dried Cranberries (1/2 c) & Apple (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>
7	8	9	10	11
Pan Dulce	Pancake Stack <i>Syrup</i>	Mantecada	Chicken Sausage Breakfast Sandwich <i>Ketchup</i>	Cranberry Oatmeal Round
<i>Apple Sauce (1/2 c) & Orange (1/2 c)</i>	<i>Banana (1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>
14	15	16	17	18
Whole Grain Bagel w/ Cream Cheese	Breakfast Cheese Tamale	Cinnamon Roll	Chicken Strip & Waffle <i>Syrup</i>	Vanilla Mini Loaf & String Cheese
<i>Dried Cranberries (1/2 c) & Apple (1/2 c)</i>	<i>Banana (1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>
21	22	23	24	25
Mango Muffin	Pancake Stack <i>Syrup</i>	Fruit Loops w/ Cinnamon Grahams		
<i>Apple Sauce (1/2 c) & Orange (1/2 c)</i>	<i>Orange (1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>		
28	29	30	1	2
Chocolate Chip Muffin Flat	Bean & Cheese Burrito <i>Hot Sauce</i>	Apple Empanada	Scrambled Egg Breakfast Sandwich	Cinnamon Delight
<i>Dried Cranberries (1/2 c) & Apple (1/2 c)</i>	<i>Banana (1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.



November 2022 Breakfast Menu "B"



Monday	Tuesday	Wednesday	Thursday	Friday
DAILY CEREAL OPTION				
Fruit Loops w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams	Fruit Loops w/ Cinnamon Grahams <i>(w/ Banana on 11/2)</i>	Cinnamon Frosted Flakes w/ Honey Grahams	Apple Jacks w/ Cinnamon Grahams
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
Mango Muffin	Banana Bread	Yogurt Parfait w/ Blueberries Honey Grahams	Coffee Cake	French Toast Slice
<i>Dried Cranberries (1/2 c) & Apple (1/2 c)</i>	<i>Banana (1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>
7	8	9	10	11
Pan Dulce	Mantecada	Pancake Stack Syrup	Cranberry Oatmeal Round	Chicken Sausage Breakfast Sandwich Ketchup
<i>Apple Sauce (1/2 c) & Orange (1/2 c)</i>	<i>Banana(1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>
14	15	16	17	18
Whole Grain Bagel w/ Cream Cheese	Cinnamon Roll	Breakfast Cheese Tamale	Vanilla Mini Loaf & String Cheese	Chicken Strip & Waffle Syrup
<i>Dried Cranberries (1/2 c) & Apple (1/2 c)</i>	<i>Banana(1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>
21	22	23	24	25
Mango Muffin	Pancake Stack Syrup	Fruit Loops w/ Cinnamon Grahams		
<i>Apple Sauce (1/2 c) & Orange (1/2 c)</i>	<i>Orange (1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>		
28	29	30	1	2
Chocolate Chip Muffin Flat	Apple Empanada	Bean & Cheese Burrito Hot Sauce	Cinnamon Delight	Scrambled Egg Breakfast Sandwich
<i>Dried Cranberries (1/2 c) & Apple (1/2 c)</i>	<i>Banana(1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>

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November 2022 Cold Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
DAILY CEREAL OPTION				
Fruit Loops w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams <i>(w/ Banana on 11/1)</i>	Fruit Loops w/ Cinnamon Grahams	Cinnamon Frosted Flakes w/ Honey Grahams	Apple Jacks w/ Cinnamon Grahams
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
Mango Muffin	Yogurt Parfait w/ Blueberries Honey Grahams	Banana Bread	Apple Empanada	Coffee Cake
<i>Dried Cranberries (1/2 c) & Apple (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>
7	8	9	10	11
Pan Dulce	Chocolate Chip Muffin Flat	Mantecada	Pan Dulce	Cranberry Oatmeal Round
<i>Apple Sauce (1/2 c) & Orange (1/2 c)</i>	<i>Banana(1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>
14	15	16	17	18
Whole Grain Bagel w/ Cream Cheese	Mango Muffin	Cinnamon Roll	Coffee Cake	Vanilla Mini Loaf & String Cheese
<i>Dried Cranberries (1/2 c) & Apple (1/2 c)</i>	<i>Banana(1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>
21	22	23	24	25
Mango Muffin	Coffee Cake	Fruit Loops w/ Cinnamon Grahams		
<i>Apple Sauce (1/2 c) & Orange (1/2 c)</i>	<i>Orange (1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>		
28	29	30	1	2
Chocolate Chip Muffin Flat	Pan Dulce	Banana Bread	Apple Empanada	Coffee Cake
<i>Dried Cranberries (1/2 c) & Apple (1/2 c)</i>	<i>Banana(1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange & Pear (1/2 c)</i>	<i>Pear (1/2 c) & Apple (1/2 c)</i>

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November 2022 K-8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries <i>Ketchup</i>	Cheese Lasagna w/ Tomato Basil Sauce	Beef Nachos <i>Original Popped Chips</i>	Chicken Tamale w/ Seasoned Corn	Beef, Bean & Cheese Burrito <i>Hot Sauce</i>
SANDWICH OF THE DAY				
Turkey & Cheese Sandwich on WG Croissant <i>Mayonnaise Side of Baked Fries w/ Ketchup</i>	Italian Turkey Submarine <i>Mayonnaise Baby Carrots (1/2 c)</i>	Turkey Breast Sandwich on Whole Grain Roll <i>Mayonnaise Garbanzo Bean & Corn Salad</i>	Turkey & Cheese Sandwich on Hoagie <i>Baby Carrots (1/2 c)</i>	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Mayonnaise</i>
ENTRÉE SALAD OF THE DAY				
	Southwest Chicken Salad <i>Wheat Crackers Ranch Dressing</i>	Chicken Taco Salad <i>Original Popped Chips Ranch Dressing</i>	Tuna Salad <i>Dinner Roll Ranch Dressing</i>	Buffalo Chicken Salad <i>Wheat Crackers Ranch Dressing</i>
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
Turkey Taco Burger Oven Baked Fries <i>Ketchup</i>	Spaghetti & Beef Meatballs w/ Tomato Basil Sauce	Chicken Fajitas w/ Refried Beans & Peppers <i>Whole Grain Tortillas</i>	Chicken Nuggets w/ Mashed Potatoes	BBQ Beef Rib-A-Que Sandwich
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
7	8	9	10	11
Chicken Patty Burger Oven Baked Fries <i>Ketchup</i>	Chicken Teriyaki Chow Mein Noodles	Chicken Burrito Bowl w/ Rice & Black Beans	Albondigas Meatball Soup <i>Tortilla Chips</i>	Mac & Cheese <i>Whole Grain Sugar Cookie</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Dried Cranberries (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
14	15	16	17	18
Hot Dog Oven Baked Fries <i>Ketchup</i>	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Chile Verde Pinto Beans & Rice	Turkey Dinner Special* w/ Mashed Potatoes & Gravy <i>Corn Muffin</i>	Hamburger <i>Whole Grain Chocolate Chip Cookie Ketchup</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Lettuce, Tomato, Pickle Kit (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
21	22	23	24	25
Cheeseburger Oven Baked Fries <i>Ketchup</i>	Baked Ziti w/ Meat Sauce	Beef Nachos <i>Original Popped Chips</i>		
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Baby Carrots (1/4 c)</i>		
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>		
28	29	30	1	2
Cheeseburger Oven Baked Fries <i>Ketchup</i>	Spaghetti & Beef Meatballs w/ Tomato Basil Sauce	Turkey & Bean Chili <i>Tortilla Chips</i>	Breakfast for Lunch: Pancake, Turkey Sausage Links & Seasoned Potatoes <i>Syrup</i>	Chicken Parm Sandwich
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>

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November 2022 K-8 Vegetarian Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
SANDWICH OF THE DAY				
Double Cheese Sandwich <i>Mayonnaise</i> <i>Side of Baked Fries w/ Ketchup</i>	Double Cheese Sandwich <i>Baby Carrots (1/2 c)</i>	Double Cheese Sandwich <i>Mayonnaise</i> <i>Garbanzo Bean Salad</i>	Double Cheese Sandwich <i>Mayonnaise</i> <i>Baby Carrots (1/2 c)</i>	Double Cheese Sandwich <i>Mayonnaise</i>
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
Vegetarian Burger Oven Baked Fries <i>Ketchup</i>	Cheese Lasagna w/ Tomato Basil Sauce <i>Dinner Roll</i>	Plant-Based Chicken Fajitas w/ Refried Beans & Peppers <i>Whole Grain Tortillas</i>	Cheese Tamale w/ Seasoned Corn	Grilled Cheese Sandwich
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
7	8	9	10	11
Vegetarian Cheeseburger Oven Baked Fries <i>Ketchup</i>	Plant-Based Chicken Teriyaki Chow Mein Noodles	Plant-Based Chicken Burrito Bowl w/ Rice & Black Beans	Cheese Tamale w/ Seasoned Corn	Mac & Cheese <i>Whole Grain Sugar Cookie</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Dried Cranberries (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
14	15	16	17	18
Bean & Cheese Burrito Side of Fries <i>Ketchup</i>	Cheese Lasagna w/ Tomato Basil Sauce <i>Dinner Roll</i>	Plant-Based Chicken Chile Verde Pinto Beans & Rice	Plant-Based Chicken Tenders w/ Mashed Potatoes <i>Corn Muffin</i>	Vegetarian Burger <i>Whole Grain Chocolate Chip Cookie</i> <i>Ketchup</i>
	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Lettuce, Tomato & Pickle Kit</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
21	22	23	24	25
Vegetarian Burger Oven Baked Fries <i>Ketchup</i>	Cheesy Baked Ziti w/ Tomato Basil Sauce	French Bread Cheese Pizza <i>Garbanzo Bean Salad</i>		
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>		
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>		
28	29	30	1	2
Vegetarian Burger Oven Baked Fries <i>Ketchup</i>	Cheese Lasagna w/ Tomato Basil Sauce <i>Dinner Roll</i>	French Bread Cheese Pizza <i>Garbanzo Bean Salad</i>	Cheese Tamale w/ Seasoned Corn	Grilled Cheese Sandwich
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>

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November 2022 Field Trip Lunch Menu K-12



Monday	Tuesday	Wednesday	Thursday	Friday
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on Hoagie Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
7	8	9	10	11
Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on Hoagie Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
14	15	16	17	18
Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on Hoagie Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
21	22	23	24	25
Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)		
28	29	30	1	2
Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on Hoagie Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)

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November 2022 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
WG Cinnamon Crackers (1G)	WG Chex Mix (1G)	WG Churro Baked Chips (1G)	WG Pretzels (1G)	WG Cheese Puffs (1G)
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>
7	8	9	10	11
WG Strawberry Multi-Grain Bar (1G)	WG Mini Vanilla Loaf (1G)	WG BBQ Baked Chips (1G)	WG Cheddar Crackers (1G)	Rice Krispie Treat (1G)
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>
14	15	16	17	18
WG Chex Mix (1G)	WG Pretzels (1G)	WG Mini Lemon Muffin (1G)	Sunflower Seeds (1 MA)	WG Honey Crackers (1G)
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>
21	22	23	24	25
WG Cinnamon Crackers (1G)	WG Chex Mix (1G)	WG Apple Cinnamon Multi-Grain Bar (1G)		
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>		
28	29	30	1	2
WG Strawberry Multi-Grain Bar (1G)	WG Mini Vanilla Loaf (1G)	WG BBQ Baked Chips (1G)	WG Cheddar Crackers (1G)	Rice Krispie Treat (1G)
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>
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November 2022 Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
WG Chicken Corn Dog (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c Veg) <i>Ketchup</i>	Deli Chicken & Cheese w/ Lettuce on Oat-Dusted Bun (2 M/MA, 2 G, 1/4 c veg) Jicama Sticks (1/4 c) <i>Mayonnaise</i>	Chicken Alfredo Pasta (2 M/MA, 1G/B) w/ Steamed Broccoli (1/2 c)	Beef Nachos (2 M/MA, 1/2 c veg) WG Tortilla Chips (2 G/B)	Beef Pastrami & Cheese w/ Lettuce on French Roll (2 M/MA, 2 G, 1/4 c veg) Celery Sticks (1/4 c) <i>Mayonnaise</i>
<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>
7	8	9	10	11
Chicken Tamale (2M/MA, 2 G/B) w/ Seasoned Corn (1/2 c veg)	Turkey & Cheese on WG Croissant (2 M/MA, 2 G) Baby Carrots (1/2 c) <i>Mayonnaise</i>	WG Cheeseburger (2M/MA) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg) <i>Ketchup</i>	Beef, Bean & Cheese Burrito WG Tortilla (2M/MA, 2G) Salsa Cup (1/2 c)	Italian Turkey Submarine (2 M/MA, 2 G) Celery Sticks (1/2 c) <i>Mayonnaise</i>
<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>
14	15	16	17	18
Chicken Enchiladas (2M/MA, 2 G/B) w/ Green Salsa (1/2 c veg)	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Jicama Sticks (1/2 c) <i>Mayonnaise</i>	Cheese Lasagna (2M/MA, 1 G) Tomato Basil Sauce (1/2 c veg)	Yogurt Parfait (2 MA) Mixed Berries (1/4 c) WG Cinnamon Crackers (1 G) Baby Carrots (1/2 c Veg)	Turkey Dinner Special (2 M) w/ Mashed Potatoes & Gravy (1/2 c) Corn Muffin (2 G)
<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Berries in Parfait</i>	<i>Apple (1/2 c)</i>
21	22	23	24	25
Chicken Enchiladas (2M/MA, 2 G/B) w/ Green Salsa (1/2 c veg)	Turkey & Cheese on WG Croissant (2 M/MA, 2 G) Baby Carrots (1/2 c) <i>Mayonnaise</i>	Cheese Lasagna (2M/MA, 1 G) Tomato Basil Sauce (1/2 c veg)		
<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Apple (1/2 c)</i>		
28	29	30	1	2
WG Chicken Corn Dog (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c Veg) <i>Ketchup</i>	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) <i>Mayonnaise</i>	Chicken Alfredo Pasta (2 M/MA, 1G/B) w/ Steamed Broccoli (1/2 c)	Beef Nachos (2 M/MA, 1/2 c veg) WG Tortilla Chips (2 G/B)	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c)
<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				



November 2022 Vegetarian Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
WG Plant-Based Chicken Tenders (2 M/MA, 1 G/B) Oven Baked Fries (1/2 c veg) Graham Crackers (1 G) <i>Pear (1/2 c)</i>	Double Cheese Sandwich (2 M/MA, 1/4 c veg) WG Bun (2 B/G) Jicama Sticks (1/4) <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	Plant-Based Chicken Alfredo Pasta (2 M/MA, 1G/B) w/ Steamed Broccoli (1/2 c) <i>Banana (1/2 c)</i>	Bean & Cheese Nachos (2 M/MA, 1/2 c Veg) WG Tortilla Chips (2 G/B) <i>Orange (1/2 c)</i>	Double Cheese Sandwich (2 M/MA, 1/4 c Veg) WG Bun Celery Sticks (1/4) <i>Mayonnaise</i> <i>Apple (1/2 c)</i>
7	8	9	10	11
Cheese Tamale (2M/MA, 2 G/B) w/ Seasoned Corn (1/2 c veg) <i>Pear (1/2 c)</i>	Double Cheese Sandwich (2 M/MA) WG Bun (2 G/B) Celery Sticks (1/2) <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	Vegetarian Burger (2.5 M/MA) WG Bun (2G) Oven Baked Fries (1/2 c) Ketchup <i>Banana (1/2 c)</i>	Bean & Cheese Burrito WG Tortilla (2M/MA, 2G) Salsa Cup (1/2 c) <i>Orange (1/2 c)</i>	Double Cheese Sandwich (2 M/MA, 1/4 c veg) WG Bun (2 G/B) Baby Carrots (1/4) <i>Mayonnaise</i> <i>Apple (1/2 c)</i>
14	15	16	17	18
Cheese Enchiladas (2M/MA, 2 G/B) w/ Green Salsa (1/2 c veg) <i>Pear (1/2 c)</i>	Double Cheese Sandwich (2 M/MA, 1/4 c veg) WG Bun (2 B/G) Jicama Sticks (1/4) <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	Cheese Lasagna (2M/MA, 1 G) Tomato Basil Sauce (1/2 c veg) <i>Banana (1/2 c)</i>	Yogurt Parfait (2 MA) Mixed Berries (1/4 c) WG Cinnamon Crackers (1 G) Baby Carrots (1/2 c Veg) <i>Berries in Parfait</i>	WG Plant-Based Chicken Tenders (2 M/MA, 1 G/B) Mashed Potatoes (1/2 c veg) Corn Muffin (2 G) <i>Apple (1/2 c)</i>
21	22	23	24	25
Cheese Enchiladas (2M/MA, 2 G/B) w/ Green Salsa (1/2 c veg) <i>Pear (1/2 c)</i>	Double Cheese Sandwich (2 M/MA, 1/4 c veg) WG Bun (2 B/G) Baby Carrots (1/4) <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	Cheese Lasagna (2M/MA, 1 G) Tomato Basil Sauce (1/2 c veg) <i>Apple (1/2 c)</i>		
28	29	30	1	2
Vegetarian Burger (2.5 M/MA) WG Bun (2G) Oven Baked Fries (1/2 c) <i>Ketchup</i> <i>Pear (1/2 c)</i>	Double Cheese Sandwich (2 M/MA, 1/4 c veg) WG Bun (2 B/G) Jicama Sticks (1/4) <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	Plant-Based Chicken Alfredo Pasta (2 M/MA, 1G/B) w/ Steamed Broccoli (1/2 c) <i>Banana (1/2 c)</i>	Bean & Cheese Nachos (2 M/MA, 1/2 c Veg) WG Tortilla Chips (2 G/B) <i>Orange (1/2 c)</i>	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c) <i>Apple (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				



November 2022 Cold Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
Turkey Ham & Cheese Sandwich on Oat-Dusted Bun (2 M/MA, 2 G, 1/4 c veg) Mayonnaise Baby Carrots (1/4 c) <i>Pear (1/2 c)</i>	Deli Chicken & Cheese w/ Lettuce on Oat-Dusted Bun (2 M/MA, 2 G, 1/4 c veg) Jicama Sticks (1/4 c) Mayonnaise <i>100% Fruit Juice (1/2 c)</i>	Yogurt Parfait (2 MA) Mixed Berries (1/4 c) WG Granola (1 G) Fruitable Juice (1/2 c Veg) <i>Banana (1/2 c)</i>	Mexican Chicken Salad (2M/A, 1 c veg) Tortilla Chips (2 MA) Hot Sauce <i>Orange (1/2 c)</i>	Beef Pastrami & Cheese w/ Lettuce on French Roll (2 M/MA, 2 G, 1/4 c veg) Celery Sticks (1/4 c) Mayonnaise <i>Apple (1/2 c)</i>
7	8	9	10	11
Smoked Turkey & Cheese Sandwich on WG Knot Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise <i>Pear (1/2 c)</i>	Turkey & Cheese on WG Croissant (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise <i>100% Fruit Juice (1/2 c)</i>	Mexican Chicken Salad (2M/A, 1 c veg) Tortilla Chips (2 MA) Hot Sauce <i>Banana (1/2 c)</i>	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c) <i>Orange (1/2 c)</i>	Italian Turkey Submarine on WG Roll (2 M/MA, 2 G) Celery Sticks (1/2 c) Mayonnaise <i>Apple (1/2 c)</i>
14	15	16	17	18
Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise <i>Pear (1/2 c)</i>	Smoked Turkey & Cheese Sandwich on WG Knot Roll (2 M/MA, 2 G) Jicama Sticks (1/2 c) Mayonnaise <i>100% Fruit Juice (1/2 c)</i>	Chicken Taco Salad (2M/A, 1 c veg) Nacho Chips (1 MA) Ranch Dressing <i>Banana (1/2 c)</i>	Yogurt Parfait (2 MA) Mixed Berries (1/4 c) WG Cinnamon Crackers (1 G) Baby Carrots (1/2 c Veg) <i>Berries in Parfait</i>	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c) <i>Apple (1/2 c)</i>
21	22	23	24	25
Italian Turkey Submarine on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise <i>Pear (1/2 c)</i>	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise <i>100% Fruit Juice (1/2 c)</i>	Turkey & Cheese on WG Croissant (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise <i>Apple (1/2 c)</i>		
28	29	30	1	2
Smoked Turkey & Cheese Sandwich on WG Knot Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise <i>Pear (1/2 c)</i>	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise <i>100% Fruit Juice (1/2 c)</i>	Yogurt Parfait (2 MA) Mixed Berries (1/4 c) WG Granola (1 G) Fruitable Juice (1/2 c Veg) <i>Berries in Parfait</i>	Mexican Chicken Salad (2M/A, 1 c veg) Tortilla Chips (2 MA) Hot Sauce <i>Orange (1/2 c)</i>	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c) <i>Apple (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				