



November Hot Breakfast Menu

What do the colors on the menu mean?

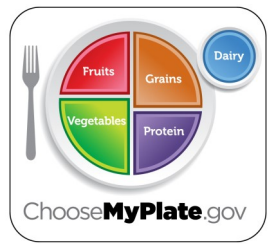
GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

Student's choice of skim or 1% milk provided at every meal.

This institution is an equal opportunity provider.



FUEL UP FOR THE WEEKEND!

Breakfast and lunch meals will be available for students to take home on Friday for Saturday and Sunday.

Meals will contain all five food groups on MyPlate including grain, protein, fruits, vegetables and dairy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh cantaloupe wedge 	<p>3 election day</p> <ul style="list-style-type: none"> whole grain golden grahams cereal low fat cheese stick fresh orange 	<p>4</p> <ul style="list-style-type: none"> warm whole grain banana bread fresh pear 	<p>5</p> <ul style="list-style-type: none"> raspberry yogurt whole grain apple oatmeal bar fresh banana 	<p>6</p> <ul style="list-style-type: none"> whole grain waffles all natural syrup turkey sausage links fresh apple
<p>9</p> <ul style="list-style-type: none"> whole wheat english muffin butter strawberry jelly fresh cantaloupe wedge 	<p>10</p> <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal whole wheat graham crackers fresh orange 	<p>11 veteran's day</p> <ul style="list-style-type: none"> turkey sausage patty on a whole grain biscuit honey fresh pear 	<p>12 pumpkin pie parfait</p> <ul style="list-style-type: none"> vanilla yogurt whole grain granola pumpkin pie filling 	<p>13</p> <ul style="list-style-type: none"> whole grain french toast all natural syrup turkey sausage links fresh apple
<p>16</p> <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh cantaloupe wedge 	<p>17</p> <ul style="list-style-type: none"> whole grain frosted mini wheats cereal low fat cheese stick fresh orange 	<p>18</p> <ul style="list-style-type: none"> warm whole grain banana bread fresh pear 	<p>19</p> <ul style="list-style-type: none"> peach yogurt whole grain strawberry oatmeal bar fresh banana 	<p>20</p> <ul style="list-style-type: none"> whole grain waffles all natural syrup turkey sausage links fresh apple
<p>23</p> <ul style="list-style-type: none"> whole wheat english muffin butter grape jelly fresh cantaloupe wedge 	<p>24</p> <ul style="list-style-type: none"> multi-grain frosted flakes cereal whole wheat graham crackers fresh orange 	<p>25</p> <ul style="list-style-type: none"> turkey sausage patty on a whole grain biscuit honey fresh pear 	<p>26 thanksgiving</p> <p>no school</p>	<p>27 pumpkin pie parfait</p> <ul style="list-style-type: none"> vanilla yogurt whole grain granola pumpkin pie filling
<p>30</p> <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh cantaloupe wedge 	<p>1</p> <ul style="list-style-type: none"> whole grain golden grahams cereal low fat cheese stick fresh orange 	<p>2</p> <ul style="list-style-type: none"> warm whole grain banana bread fresh pear 	<p>3</p> <ul style="list-style-type: none"> raspberry yogurt whole grain apple oatmeal bar fresh banana 	<p>4</p> <ul style="list-style-type: none"> whole grain waffles all natural syrup turkey sausage links fresh apple



November Vegetarian Breakfast Menu

What do the colors on the menu mean?

GREEN = locally-sourced

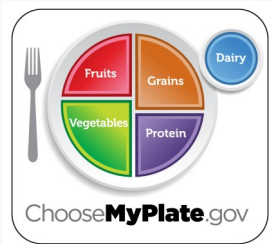
BLUE = international

ORANGE = Fresh Feature Friday Winner

V = vegetarian **VE** = vegan

Student's choice of skim or 1% milk provided at every meal.

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FUEL UP FOR THE WEEKEND!

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> whole wheat bagel VE low fat cream cheese V fresh cantaloupe wedge VE 	<p>3 election day</p> <ul style="list-style-type: none"> whole grain golden grahams cereal VE low fat cheese stick V fresh orange VE 	<p>4</p> <ul style="list-style-type: none"> warm whole grain banana bread V fresh pear VE 	<p>5</p> <ul style="list-style-type: none"> raspberry yogurt V whole grain apple oatmeal bar V fresh banana VE 	<p>6</p> <ul style="list-style-type: none"> whole grain waffles V all natural syrup VE veggie breakfast sausage patty V fresh apple slices VE
<p>9</p> <ul style="list-style-type: none"> whole wheat english muffin V butter V strawberry jelly VE fresh cantaloupe wedge VE 	<p>10</p> <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal VE whole wheat graham crackers VE fresh orange VE 	<p>11 veteran's day</p> <ul style="list-style-type: none"> veggie breakfast sausage patty on a whole grain biscuit V honey V fresh pear VE 	<p>12 pumpkin pie parfait</p> <ul style="list-style-type: none"> vanilla yogurt V whole grain granola VE pumpkin pie filling V 	<p>13</p> <ul style="list-style-type: none"> whole grain french toast V all natural syrup VE veggie breakfast sausage patty V fresh apple slices VE
<p>16</p> <ul style="list-style-type: none"> whole wheat bagel VE low fat cream cheese V fresh cantaloupe wedge VE 	<p>17</p> <ul style="list-style-type: none"> whole grain frosted mini wheats cereal VE low fat cheese stick V fresh orange VE 	<p>18</p> <ul style="list-style-type: none"> warm whole grain banana bread V fresh pear VE 	<p>19</p> <ul style="list-style-type: none"> peach yogurt V whole grain strawberry oatmeal bar V fresh banana VE 	<p>20</p> <ul style="list-style-type: none"> whole grain waffles V all natural syrup VE veggie breakfast sausage patty V fresh apple slices VE
<p>23</p> <ul style="list-style-type: none"> whole wheat english muffin V butter V grape jelly VE fresh cantaloupe wedge VE 	<p>24</p> <ul style="list-style-type: none"> multi-grain frosted flakes cereal VE whole wheat graham crackers VE fresh orange VE 	<p>25</p> <ul style="list-style-type: none"> veggie breakfast sausage patty on a whole grain biscuit V honey V fresh pear VE 	<p>26 thanksgiving break</p> <p>no school</p>	<p>27 pumpkin pie parfait</p> <ul style="list-style-type: none"> vanilla yogurt V whole grain granola VE pumpkin pie filling V
<p>30</p> <ul style="list-style-type: none"> whole wheat bagel VE low fat cream cheese V fresh cantaloupe wedge VE 	<p>1</p> <ul style="list-style-type: none"> whole grain golden grahams cereal VE low fat cheese stick V fresh orange VE 	<p>2</p> <ul style="list-style-type: none"> warm whole grain banana bread V fresh pear VE 	<p>3</p> <ul style="list-style-type: none"> raspberry yogurt V whole grain apple oatmeal bar V fresh banana VE 	<p>4</p> <ul style="list-style-type: none"> whole grain waffles V all natural syrup VE veggie breakfast sausage patty V fresh apple slices VE



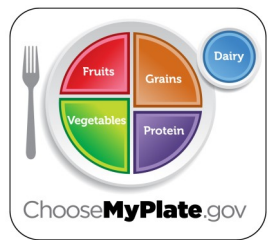
November Lunch Menu

What do the colors on the menu mean?

- GREEN** = locally-sourced
- BLUE** = international
- ORANGE** = Fresh Feature Friday Winner!
- RED** = special event item

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> • all beef hot dog on a whole wheat bun • ketchup & mustard • steamed corn • fresh orange 	<p>3 build your own pizza</p> <ul style="list-style-type: none"> • shredded mozzarella cheese • whole grain flatbread • tomato sauce • side caesar salad with parmesan cream dressing • fresh pear 	<p>4</p> <ul style="list-style-type: none"> • teriyaki chicken with brown rice • korean cauliflower • fresh banana 	<p>5</p> <ul style="list-style-type: none"> • turkey bacon ranch wrap in a whole wheat tortilla with romaine lettuce • baby carrots with ranch dressing • fresh apple 	<p>6</p> <ul style="list-style-type: none"> • turkey meatballs & sauce over whole grain penne • whole wheat dinner roll • steamed broccoli • fresh cantaloupe wedge
<p>9</p> <ul style="list-style-type: none"> • bbq chicken thigh • whole grain cornbread muffin • buttered green peas • honey cinnamon sweet potatoes • fresh orange 	<p>10</p> <ul style="list-style-type: none"> • chicken salad on a whole wheat bun • kale salad with red peppers • fresh pear 	<p>11 veteran's day</p> <ul style="list-style-type: none"> • whole grain cheese ravioli with tomato sauce • whole grain garlic toast • parmesan summer squash • fresh banana 	<p>12</p> <ul style="list-style-type: none"> • turkey ham & cheddar on whole wheat bread • light mayonnaise & mustard • baby carrots with italian dressing • fresh apple 	<p>13</p> <ul style="list-style-type: none"> • beef soft tacos with cheese in a whole wheat tortilla • tomato salsa • fresh cantaloupe wedge
<p>16</p> <ul style="list-style-type: none"> • all beef hot dog on a whole wheat bun • ketchup & mustard • steamed corn • fresh orange 	<p>17 build your own pizza & india food day</p> <ul style="list-style-type: none"> • shredded mozzarella cheese • whole grain flatbread • tomato sauce • side caesar salad with parmesan cream dressing • fresh pear • chana masala sample 	<p>18</p> <ul style="list-style-type: none"> • teriyaki chicken with brown rice • korean cauliflower • fresh banana 	<p>19 trinidad & tobago food day</p> <ul style="list-style-type: none"> • turkey bacon ranch wrap in a whole wheat tortilla with romaine lettuce • baby carrots with ranch dressing • fresh apple • curried chicken sample 	<p>20</p> <ul style="list-style-type: none"> • whole grain cheese ravioli with tomato sauce • whole grain garlic toast • steamed broccoli • fresh cantaloupe wedge
<p>23</p> <ul style="list-style-type: none"> • chicken salad on a whole wheat bun • kale salad with red peppers • fresh orange 	<p>24 holiday meal</p> <ul style="list-style-type: none"> • oven roasted turkey • whole grain cornbread muffin • mashed potatoes • sauteed green beans • brown gravy • fresh pear 	<p>25</p> <ul style="list-style-type: none"> • beef soft tacos with cheese in a whole wheat tortilla • tomato salsa • fresh banana 	<p>26 thanksgiving</p> <p>no school</p>	<p>27</p> <ul style="list-style-type: none"> • turkey ham & cheddar on whole wheat bread • light mayonnaise & mustard • baby carrots with italian dressing • fresh cantaloupe wedge
<p>30</p> <ul style="list-style-type: none"> • all beef hot dog on a whole wheat bun • ketchup & mustard • steamed corn • fresh orange 	<p>1 build your own pizza</p> <ul style="list-style-type: none"> • shredded mozzarella cheese • whole grain flatbread • tomato sauce • side caesar salad with parmesan cream dressing • fresh pear 	<p>2</p> <ul style="list-style-type: none"> • teriyaki chicken with brown rice • korean cauliflower • fresh banana 	<p>3</p> <ul style="list-style-type: none"> • turkey bacon ranch wrap in a whole wheat tortilla with romaine lettuce • baby carrots with ranch dressing • fresh apple 	<p>4</p> <ul style="list-style-type: none"> • turkey meatballs & sauce over whole grain penne • whole grain garlic breadstick • steamed broccoli • fresh cantaloupe wedge



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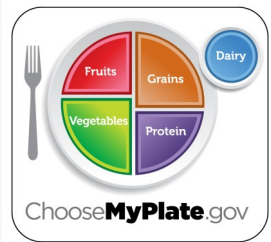
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<p>2</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun V ketchup & mustard VE steamed corn VE fresh orange VE 	<p>3 election day</p> <ul style="list-style-type: none"> sunbutter and jelly on whole wheat bread VE side caesar salad with parmesan cream dressing V fresh pear VE 	<p>4</p> <ul style="list-style-type: none"> super sesame tofu with brown rice VE korean cauliflower VE fresh banana VE 	<p>5</p> <ul style="list-style-type: none"> buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce V baby carrots with ranch dressing V fresh apple VE 	<p>6</p> <ul style="list-style-type: none"> whole wheat baked ziti V steamed broccoli VE fresh cantaloupe wedge VE
<p>9</p> <ul style="list-style-type: none"> veggie chik'n nuggets V whole grain cornbread muffin V bbq sauce VE steamed green peas VE honey cinnamon sweet potatoes VE fresh orange VE 	<p>10</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V kale salad with red peppers VE fresh pear VE 	<p>11 veteran's day</p> <ul style="list-style-type: none"> whole grain flatbread cheese pizza V parmesan summer squash V fresh banana VE 	<p>12</p> <ul style="list-style-type: none"> sunbutter and jelly on whole wheat bread VE baby carrots with italian dressing VE fresh apple VE 	<p>13</p> <ul style="list-style-type: none"> cheese quesadilla in a whole wheat tortilla V tomato salsa VE fresh cantaloupe wedge VE
<p>16</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun V ketchup & mustard VE steamed corn VE fresh orange VE 	<p>17 india food day</p> <ul style="list-style-type: none"> sunbutter and jelly on whole wheat bread VE side caesar salad with parmesan cream dressing V fresh pear VE chana masala sample V 	<p>18</p> <ul style="list-style-type: none"> super sesame tofu with brown rice VE korean cauliflower VE fresh banana VE 	<p>19 trinidad & tobago food day</p> <ul style="list-style-type: none"> buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce V baby carrots with ranch dressing V fresh apple VE 	<p>20</p> <ul style="list-style-type: none"> whole wheat baked ziti V steamed broccoli VE fresh cantaloupe wedge VE
<p>23</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V kale salad with red peppers VE fresh orange VE 	<p>24 holiday meal</p> <ul style="list-style-type: none"> veggie chik'n nuggets V whole grain cornbread muffin V mashed potatoes V sauteed green beans VE brown gravy V fresh pear VE 	<p>25</p> <ul style="list-style-type: none"> cheese quesadilla in a whole wheat tortilla V tomato salsa VE fresh banana VE 	<p>26 thanksgiving</p> <p>no school</p>	<p>27</p> <ul style="list-style-type: none"> sunbutter and jelly on whole wheat bread VE baby carrots with italian dressing VE fresh cantaloupe wedge VE
<p>30</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun V ketchup & mustard VE steamed corn VE fresh orange VE 	<p>1</p> <ul style="list-style-type: none"> sunbutter and jelly on whole wheat bread VE side caesar salad with parmesan cream dressing V fresh pear VE 	<p>2</p> <ul style="list-style-type: none"> super sesame tofu with brown rice VE korean cauliflower VE fresh banana VE 	<p>3</p> <ul style="list-style-type: none"> buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce V baby carrots with ranch dressing V fresh apple VE 	<p>4</p> <ul style="list-style-type: none"> whole wheat baked ziti V steamed broccoli VE fresh cantaloupe wedge VE