

Dairy Free Menu

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Dominican chicken enriched coconut rice, broccoli, melon, 1% milk.	2 Basil chicken, Enriched Basil(no nuts) Pasta, Brussel sprout, pineapple, 1% milk	3 Hot Dog Day!!!! potato tots, and carrots, mango 1 % milk	4 Turmeric chicken, Enriched peas, carrots rice, and cauliflower, Fruit salad, 1% milk	5
6	7 Turkey meatball, spaghetti pasta, broccoli, dinner roll, melon, 1% milk.	8 Rotisserie roasted chicken, wax beans, Roasted red potato and Whole wheat dinner roll. watermelon, 1% milk)	9 Coconut grill chicken, carrots enriched rice, green beans, pineapple, 1% milk	10 Pibil chicken, paprika roasted potato, Broccoli, mango, 1% milk	11 NO SCHOOL	12
13	14 Cubano ground beef, enriched white rice, baby carrots and melon, 1% milk	15 Chicken Nuggets w/ Baked veggies Potato, broccoli, carrots, squash w/ BBQ Sauce, watermelon, 1% milk	16 Aji chicken with yellow enriched rice and mixed veggies, pineapple, 1% milk	17 Burger Day!!! Patty, Cheese, Lettuce, Tomato, Whole Wheat bun, mango 1% milk.	18 Chicken Nachos enriched Mexican rice, corn peppers and salsaFruit salad, 1% milk	19
20	21 Chayote ground beef, enriched red rice, corn and melon, 1% milk (KIPP NO SCHOOL)	22 Grill Chicken primavera enriched pasta with tomatoes, zucchini, corn, watermelon, 1% milk (KIPP NO SCHOOL)	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26

27	28 BBQ chicken, white cheddar cheese sauce enriched pasta, broccoli and melon, 1% milk	29 Mexican chicken, Enriched white rice and baby carrots, watermelon, 1% milk	30 Dominican chicken enriched coconut rice, broccoli , pineapple, 1% milk.			
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Hot Lunch Menu

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Dominican chicken enriched coconut rice, broccoli , watermelon, 1% milk.	2 Basil chicken, Enriched creamy Basil (no nuts) Pasta, Brussel sprout, pineapple , 1% milk	3 Hot Dog Day!!!! potato tots, and carrots, mango 1 % milk	4 Turmeric chicken, Enriched peas, carrots rice, and cauliflower, Fruit salad, 1% milk	5
6	7 Turkey meatball, spaghetti pasta, broccoli, dinner roll, melon, 1% milk.	8 Rotisserie roasted chicken, wax beans, Roasted red potato and Whole wheat dinner roll. watermelon, 1% milk	9 Coconut grill chicken, carrots enriched rice, green beans, pineapple, 1% milk	10 Pibil chicken, paprika roasted potato, Broccoli, mango, 1% milk	11 NO SCHOOL	12
13	14 Cubano ground beef , enriched white rice, baby carrots and melon, 1% milk	15 Chicken Nuggets w/ Baked veggies Potato, broccoli, carrots, squash w/ BBQ Sauce, watermelon, 1% milk	16 Aji chicken with yellow enriched rice and mixed veggies, pineapple, 1% milk	17 Burger Day!!! Patty, Cheese , Lettuce, Tomato, Whole Wheat bun, mango 1% milk.	18 Chicken Nachos enriched Mexican rice, corn peppers and salsaFruit salad, 1% milk	19
20	21 Chayote ground beef, enriched red rice, corn and melon, 1% milk (KIPP NO SCHOOL)	22 Grill Chicken primavera enriched pasta with tomatoes, zucchini , corn, watermelon, 1% milk (KIPP NO SCHOOL)	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26

27	28 BBQ chicken, white cheddar cheese sauce enriched pasta, broccoli and melon, 1% milk	29 Mexican chicken, Enriched white rice and baby carrots, watermelon, 1% milk	30 Dominican chicken enriched coconut rice, broccoli , pineapple, 1% milk.			
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Cold Breakfast

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chocolate chip muffin, apple, 1% milk	2 Cheerios strawberry breakfast bar, clementine, 1% milk	3 Mini bagel with strawberry cream cheese, orange, 1% milk	4 Blueberry muffin, apple, 1% milk	5
6 Blueberry muffin, pear, 1% milk	7	8 Cheerios strawberry breakfast bar, apple, 1% milk	9 Blueberry muffin, clementine, 1% milk	10 Whole-grain cereal, orange, 1% milk	11 NO SCHOOL	12
13 Whole-grain cereal, pear, 1% milk	14	15 Apple cinnamon oatmeal cookie, apple, 1% milk	16 Chocolate chip muffin, clementine, 1% milk	17 Cheerios strawberry breakfast bar, orange, 1% milk	18 Mini bagel with strawberry cream cheese, apple, 1% milk	19
20 Blueberry muffin, pear, 1% milk (KIPP NO SCHOOL)	21 (KIPP NO SCHOOL)	22 Cheerios strawberry breakfast bar, apple, 1% milk (KIPP NO SCHOOL)	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26
27 Apple cinnamon oatmeal cookie, apple, 1% milk	28	29 Granola bar, pear, and 1% milk	30 Chocolate chip muffin, clementine, 1% milk			

Cold Lunch

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole – wheat dinner roll, watermelon, 1% milk.	Turkey apricot wrap: Turkey breast, whole-wheat-flour tortilla, celery, apricot, carrots, pineapple, 1% milk.	Peruvian chopped chicken salad: Grilled chicken, lettuce, cucumber, corn, cherry, whole-wheat-dinner roll, Italian dressing, mango, 1% milk	Chicken achiote sandwich: Grilled chicken, whole wheat- bread, lettuce, carrots, ranch dressing, banana, 1 % milk	
6	7	8	9	10	11	12
Smoke-grilled chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, cheddar cheese, whole-wheat sub, BBQ sauce, melon, 1% milk.		Chicken orange chipotle BBQ wrap: chicken breast, lettuce, baby carrots, ranch, whole-wheat tortilla, dressing, watermelon, 1% milk.	Nigerian chicken wrap: Chicken breast, lettuce, baby carrots, ranch, bell peppers, mango, whole-wheat tortilla, pineapple, 1% milk.	Turkey ball with garden salad: Lettuce, carrots, cherry tomato, whole wheat dinner roll, Italian dressing, mango, 1 % milk	NO SCHOOL	
13	14	15	16	17	18	19
Roasted chicken torta: chicken red salsa, cabbage escabeche, beets, melon, 1% milk		Chicken peach-cucumber salsa wrap:Chicken, cheddar cheese, peach, tomatoes, cucumber, whole wheat tortilla flour, watermelon, 1% milk	Jerk chicken salad: chicken, whole-wheat dinner roll, cauliflower, baby carrots, baby spinach, pineapple,1% milk	Grilled chicken with quinoa and sweet potato salad: chicken, sweet potatoes, red peppers, orange dressing, mango, 1% milk.	West Coast smoked turkey wrap:turkey breast, spinach, arugula, tomatoes, whole wheat-sub, banana, 1% milk	
20	21	22	23	24	25	26
Arabi Beef Sfira: Ground beef, whole wheat- flour, onions, cucumber, baby carrots, melon, 1% milk. (KIPP NO SCHOOL)		Chicken sausage crepe: Chicken sausage, carrots, grape tomatoes, onion, watermelon,1 % milk (KIPP NO SCHOOL)	NO SCHOOL	NO SCHOOL	NO SCHOOL	
27	28	29	30			
Hummus and vegetables wrap: Hummus, whole wheat flour tortilla, carrots, lettuce, cherry tomato, melon, 1 % milk		Jerk chicken salad, cauliflower, carrots, whole wheat dinner roll, watermelon, and 1% milk	West Coast smoked turkey wrap: turkey breast, spinach, arugula, tomatoes, whole wheat-sub, banana, 1% milk			

HOT BREAKFAST

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Egg & cheese croissant sandwich, apple, 1% milk	Eggs and vegetables burrito (spinach, onions, peppers), clementine, 1% milk	English muffin with turkey bacon & cheese, orange, 1% milk	Pancakes with maple syrup, apple, 1% milk	
6	7	8	9	10	11	12
	Waffles with maple syrup, pear, 1% milk	Waffles with maple syrup, apple, 1% milk	English muffin with turkey bacon & cheese, clementine, 1% milk	Pancakes with maple syrup, orange, 1% milk	NO SCHOOL	
13	14	15	16	17	18	19
	French toast sticks with maple syrup, pear, 1% milk	Biscuit with turkey sausage, apple, 1% milk	Egg & cheese quesadilla with salsa, clementine, 1% milk	Eggs and vegetables burrito (spinach, onions, peppers), orange, 1% milk	Pancakes with maple syrup, apple, 1% milk	
20	21	22	23	24	25	26
	Waffles with maple syrup, pear, 1% milk (KIPP NO SCHOOL)	Egg & cheese croissant sandwich, apple, 1% milk (KIPP NO SCHOOL)	NO SCHOOL	NO SCHOOL	NO SCHOOL	
27	28	29	30			
	English muffin with turkey bacon & cheese, pear, 1% milk	French toast sticks with maple syrup, pear, 1% milk	Biscuit with turkey sausage, apple, 1% milk			

NUTRITION INFORMATION

All our breakfasts meet the following requirements:

- Milk: 8 oz.
- Fruit or Vegetable: 1 cup/8 oz.
- Grain: 2 oz.

All our lunches meet the following requirements:

- Milk: 8 oz.
- Fruit: 1 cup/8 oz.
- Vegetables: 1 cup/8 oz.
- Grain: 2 oz.
- Protein: 2 oz.

None of our food products contain Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We provide a choice of 4 "standard" meals

- Hot breakfasts
- Cold breakfasts
- Hot lunches
- Cold lunches

We supply the following 4 Allergy Meals:

- Dairy-Free, Egg-Free breakfasts
- Vegetarian Lunches
- Dairy-Free Lunches
- Dairy-Free, Egg-Free Lunches

Vegetarian Menu

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	Oct 31 BBQ Chicken, White Mac & Cheese enriched pasta, broccoli. Melon 1% Milk	Veggie burger Squares, enriched coconut rice, broccoli . watermelon 1% milk.	BITES- Non-gmo - Soy Protein, Vegan, Vegetarian, Gluten Free, Enriched Basil(no nuts) Pasta, Brussel sprout, pineapple 1% milk	vegetarian Sloppy Joe (vegetarian base), whole wheat sub, potato tots, fresh, carrots , mango 1 % milk	Turmeric Vegetarian base- Non-gmo - Soy Protein, Vegan, Vegetarian, Gluten Enriched peas, carrots rice , cauliflower , Fruit salad , 1% milk	
6	7	8	9	10	11	12
	Beyond Meat balls, whole wheat spaghetti pasta chef tomato sauce. Yellow Squash Melon 1% milk	Veggie burger Squares, Roasted red potato, mix veggie, Whole wheat dinner roll. watermelon 1% milk	Black Beans, Sheered carrots enriched rice, green beans pineapple , 1% milk	Pibil Vegetarian base- Non-gmo - Soy Protein, Vegan, Vegetarian, paprika roasted potato, beets, sweet potato mango, 1% milk	NO SCHOOL	
13	14	15	16	17	18	19
	Refried beans topping with cheese , brown rice, corn, melon 1% milk	Veggie burger Square w/ Baked veggies Potato, broccoli, carrots, squash w/ BBQ Sauce, watermelon 1% milk	Cheese sticks, yellow enriched rice and Zucchini, fresh pineapple, 1% milk	Burger Day!!! veggie burger Patty, Cheese , Lettuce, Tomato, Whole Wheat bun. mango , 1% milk.	Beans Nachos enriched Mexican rice, corn peppers and salsa, tortilla tips Fruit salad, 1% milk	

20	21 Lentil Stew, enriched red rice, corn melon, 1% milk (KIPP NO SCHOOL)	22 Mozzarella Cheese primavera enriched pasta with tomatoes, zucchini, corn. Watermelon 1% milk, (KIPP NO SCHOOL)	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26
27	28 white cheddar cheese sauce enriched pasta, broccoli Melon, 1% milk	29 Mexican chicken, Enriched white rice, baby carrots, watermelon, 1% milk	30 Black Beans, Sheered carrots enriched rice, mix veggie, pineapple, 1% milk			