

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

HOT BREAKFAST

November 2022

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

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

Cold Lunch

November 2022

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

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 sdlad, 1% milk	5
6 Turkey meatball, spaghetti pasta, broccoli, dinner roll, melon, 1% milk.	7	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 Pibbi chicken, paprika roasted potato, Broccoli, mango, 1% milk	11 NO SCHOOL	12
13	14 Cubano ground beef , enriched white rice, bobby carrots and melon, 1% milk	15 Chicken Nuggets w/ Baked veggies Potato, broccoli, carrots, squash w/ BBQ Sauce, watermelon, 1% milk	16 All 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 salsafuit sldad, 1% milk	19
20 Choyote ground beef, enriched red rice, corn and melon, 1% milk (KIPP NO SCHOOL)	21	22 Grill Chicken pirmavera enriched pasta with tomatoes, zucchini, corn, watermelon, 1% milk (KIPP NO SCHOOL)	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26

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

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 Turkey meatball, spaghetti pasta, broccoli, dinner roll, melon, 1% milk.	7 Rotisserie roasted chicken, wax beans, Roasted red potato and Whole wheat dinner roll, watermelon, 1% milk)	8 Coconut grill chicken, carrots enriched rice, green beans, pineapple, 1% milk	9 Pibil chicken, paprika roasted potato, Broccoli, mango, 1% milk	10 NO SCHOOL	11	12
13 Cubano ground beef, enriched white rice, baby carrots and melon, 1% milk	14 Chicken Nuggets w/ Baked veggies Potato, broccoli, carrots, squash w/ BBQ Sauce, watermelon, 1% milk	15 Aji chicken with yellow enriched rice and mixed veggies, pineapple, 1% milk	16 Burger Day!!! Patty, Cheese , Lettuce, Tomato, Whole wheat bun, mango 1% milk.	17 Chicken Nachos enriched Mexican rice, corn peppers and salsaFruit salad, 1% milk	18	19
20 Chayote ground beef, enriched red rice, corn and melon, 1% milk (KIPP NO SCHOOL)	21 Grill Chicken primavera enriched pasta with tomatoes, zucchini , corn, watermelon, 1% milk (KIPP NO SCHOOL)	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25	26

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

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	Beyond Meat balls, whole wheat spaghetti pasta chef tomato sauce. Yellow Squash Melon 1% milk	8	9	10	11	12
		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	Refried beans topping with cheese, brown rice, corn, melon 1% milk	14	15	16	17	18
		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	19

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