

Cold Lunch

NOVEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
30 Hummus spinach dip: Hummus, with pretzels, baby carrots, , Apple , 1% milk	31 Taco salad, black beans , chickpea, corn , queso fresco , cherry tomato , lettuce, tortilla chip, 100 island dressing. Clementine , 1% milk.	1 Jerk chicken salad with Italian dressing, , lettuce, cabbage, carrots, whole wheat dinner roll, Orange , and 1% milk	2 Chicken Orange Chipotle BBQ wrap: chicken, lettuce, baby carrots, whole-wheat tortilla, dressing Apple , 1% milk	3 Turkey cubes, Cheese cubes, Pretzel bites, Celery Slices Banana , 1 % milk
6 Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole-wheat- dinner rolls, Italian dressing, Apple , 1% milk.	7 Grilled Peruvian Chopped Chicken salad: lettuce, corn, cherry, black beans, whole wheat tortilla Clementine , 1% milk.	8 Lemon chicken wrap, Whole Wheat Tortilla, Chicken breast Veggie potato salad. Orange , 1% milk. Contains: Mayo	9 Chicken Cobb Salad with garden salad: Lettuce, carrots, cherry tomato, Bread Croutons, Ranch Dressing Apple , 1% milk	10 Smoke-grilled BBQ chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, whole-wheat roll Banana , 1% milk.
13 Smoke Grilled Chicken Sandwich, Whole wheat Bun, Coleslaw, Apple , 1% milk. Contains: Mayo	14 DELI Turkey Wrap Lettuce Carrots, whole wheat tortilla flour, honey mustard Clementine , 1% milk	15 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, Caesar Dressing, whole-wheat dinner roll, Orange , 1% milk	16 Grilled chicken with whole wheat pasta salad , corn Spinach, orange dressing, Apple , 1% milk.	17 Mediterranean Salad Lettuce,, tomato, chickpea, bell peppers, cucumber, Mini pita breads, Balsamic Vinaigrette,, Banana , 1% milk
20 Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole-wheat- dinner rolls, Italian dressing Apple , 1% milk.	21 Grilled Chicken salad, apple, broccoli slaw, carrots , lettuce, Puy seed , French Dressing, Clementine , 1% milk	22 Sunflower Butter and Jelly on a Whole Wheat Bread Sandwich with Baby Carrots, Orange , 1% milk	23 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole-wheat dinner roll, & Caesar Dressing, Apple , 1% milk.	24 Lunch box salad: Turkey deli, cheddar, grape tomato, cucumber, baby carrots, jicama, celery, Ranch dressing, roll wheat flour tortilla, Banana , 1% milk
27 Hummus spinach dip: Hummus, with pretzels, baby carrots, , Apple , 1% milk	28 Taco salad, black beans , chickpea, corn , queso fresco , cherry tomato , lettuce, tortilla chip, 100 island dressing. Clementine , 1% milk.	29 Salvadorian Chicken wrap: Chicken, Cabbage, Carrots, whole wheat tortilla flour, Potato Sticks, Orange , 1% milk.	30 Roasted chicken torta: Whole wheat bun, chicken in red salsa, cabbage escabeche,, Apple , 1% milk	

Vegetarian Menu

NOVEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
30 Cheese Quesadilla, Whole Wheat Tortilla and Corn. Apple 1% Milk	31 Salvadorian vegan Meat, Enriched white rice, carrots & Zucchini. Clementine, 1% milk	1 Black Beans, Enriched Carrot Rice, and Corn, Orange, 1% milk.	2 Vegan Peruvian Chicken with Carrot Rice, and Corn, Apple, and 1% milk	3 Pizza day! Pita dough, Vegan cheese, Baby Carrots, Banana, 1% milk
6 Veggie chicken nuggets w/ Baked veggies(Potato, broccoli, carrots,) w/ dinner roll, Apple, 1% milk	7 Vegetarian Sloppy Joe (vegetarian base), whole wheat sub, potato tots, fresh, carrots, Clementine, 1% milk	8 Penne Pasta with Vegan Meatballs in Marinara Sauce Whole Wheat Dinner Roll & Broccoli Orange, 1% milk	9 Vegan Mojo Chicken, Casamiento Rice(Beans and Enriched White Rice), Green Beans, Apple, 1% milk	10 Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Banana 1% milk.
13 Chili Bean, Roasted potato, cornbread Apple, 1% milk	14 Vegan Lemon Roasted Chicken, Enriched Peas and Carrots Rice, and Corn. Clementine, 1% milk.	15 Vegan Sausage on a Whole Wheat Sub, potato tots, and Baby carrots, Orange 1% milk	16 Black Beans, Enriched Carrot Rice, Green Beans Apple, 1% milk	17 Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Banana 1% milk.
20 Vegan Chicken, Baked Sweet potato and red potato, Lemon Broccoli and Dinner Roll Apple, 1% milk	21 Lentil Stew, enriched red rice, corn Clementine, 1% milk	22 Black Beans, Mexican Cheese, Sheared carrots enriched rice, mix veggie, Orange, 1% milk	23 Vegan Beef Bolognese Enriched Pasta, Carrots, Apple, 1% milk	24 Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Banana 1% milk.
27 Salvadorian vegan Meat, Enriched white rice, carrots & Zucchini. Apple 1% Milk	28 Cheese Quesadilla, Whole Wheat Tortilla and Corn. Clementine, 1% milk	29 Vegan Teriyaki Chicken, Enriched White Rice, and Green Beans, Orange, 1% milk	30 Alfredo Enriched pasta , Broccoli, Apple, 1% milk.	

Dairy Free Menu

NOVEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
30 Chicken quesadilla, whole wheat tortilla, corn. Apple , Lactose/Dairy-Free Milk	31 Salvadorian ground beef, Enriched white rice, carrots & Zucchini, Clementine , Lactose/Dairy-Free Milk	1 Breakfast For Lunch!!! Pancakes with Sausage and , Carrots, Orange , Dairy/Lactose Free Milk	2 Peruvian Chicken with Enriched carrot rice, corn, Apple , Dairy/Lactose Free Milk	3 Vegan Pizza day!!! Baby Carrots, Banana , Dairy/Lactose Free Milk
6 Chicken Nuggets, Enriched white rice, mixed veggie. Apple , Dairy/Lactose Free Milk.	7 Beef Pambazos, Whole wheat Bread, cabbage, corn Clementine , Dairy/Lactose Free Milk	8 Penne pasta with beef meatballs, Marinara Sauce, broccoli and whole-wheat dinner roll, Orange Dairy/Lactose Free Milk.	9 Mojo Chicken, Casamiento rice(Beans and enriched white rice), Green beans. Apple , Dairy/Lactose Free Milk	10 Vegan Pizza day!!! Baby Carrots, Banana , Dairy/Lactose Free Milk
13 Beef Chili Bean, Corn, corn bread, Apple Dairy/Lactose Free Milk	14 Lemon Roasted Chicken , Enriched peas & carrots rice, corn. Clementine , Dairy/Lactose Free Milk	15 Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Baby carrots, Orange , Dairy/Lactose Free Milk	16 Brazilian Grilled Chicken, Enriched Carrot Rice, Green Beans, Apple , Dairy/Lactose Free Milk	17 Vegan Pizza day!!! Baby Carrots, Banana , Dairy/Lactose Free Milk
20 BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Apple , Dairy/Lactose Free Milk	21 Mexican chicken, Enriched white rice and baby carrots, Clementine , Dairy/Lactose Free Milk	22 Dominican chicken, Enriched Spanish rice, plantains. Orange , Dairy/Lactose Free Milk	23 Beef Bolognese, enriched pasta, carrot, Apple , Dairy/Lactose Free Milk	24 Vegan Pizza day!!! Baby Carrots, Banana , Dairy/Lactose Free Milk
27 Salvadorian ground beef, Enriched white rice, carrots Apple , Dairy/Lactose Free Milk	28 Chicken quesadilla, whole wheat tortilla, corn. Clementine , Dairy/Lactose Free Milk	29 Teriyaki Chicken ,Enriched white rice, green beans Orange , Dairy/Lactose Free Milk	30 Chicken Marinara Enriched Pasta, Broccoli, Apple , Dairy/Lactose Free Milk	

DAIRY-FREE EGG-FREE BREAKFAST NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
OCT 30 & NOV 13 & 27	OCT 31 & NOV 14 & 28	1 & 15 & 29	2 & 16 & 30	3 & 17
Whole Wheat Bagel with Jelly (assorted flavors!), Orange, 1% milk	Egg** Burrito with Salsa (Whole Wheat), Apple, 1% milk	Dairy-Free Cereal, Clementine, 1% milk	Turkey Sausage in a Whole Wheat Bagel Sandwich, Banana, 1% milk	Dairy-Free Cereal, Apple, 1% milk
6 & 20	7 & 21	8 & 22	9 & 23	10 & 24
Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, (DF), Orange, 1% milk	Dairy-Free Cereal, Apple, 1% milk	Hash Brown, Scrambled Eggs** with turkey, (DF) Clementine, 1% milk	Dairy-Free Cereal Banana, 1% milk	Egg** in a Whole Wheat Bagel Sandwich, Apple, 1% milk

Dairy-Free Cereal Options to be sent are:

- Cinnamon Toast
- Trix
- Cheerios

**Plant Based Egg Substitute, Ingredients will be listed on the daily menus.



HOT BREAKFAST NOVEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
30 Biscuit with turkey bacon, Orange , 1% milk	31 Eggs and vegetables burrito (spinach, corn, peppers), Apple , 1% milk	1 Egg, beans, cheese quesadilla (Whole Wheat) with salsa, Clementine , 1% milk	2 English Muffin with turkey sausage and Cheese, Banana , 1% milk	3 Fourtalia omelet, whole wheat bread slice Apple , 1% milk
6 Biscuit, turkey sausage, american cheese, Orange , 1% milk	7 French toast sticks with maple syrup, Apple , 1% milk	8 Hash Brown, Scrambled Eggs, corn, turkey, (DF) Clementine , 1% milk	9 Bagel with cream cheese Banana , 1% milk	10 Pancakes with maple syrup, Apple , 1% milk
13 Pancakes with maple syrup, Orange , 1% milk	14 Fan Burrito, Eggs , mozzarella cheese, potato tots. (Whole Wheat Tortilla) (DF) Apple , 1% milk	15 Egg & cheese croissant sandwich, Clementine , 1% milk	16 Fried egg topping w/ranchera sauce, whole wheat toast, Banana , 1% milk	17 Turkey Sausage, Cheddar cheese quesadilla (Whole Wheat) Apple , 1% milk
20 French toast sticks with maple syrup, Orange , 1% milk	21 Egg & cheese croissant sandwich, Apple , 1% milk	22 Turkey Sausage, Cheddar cheese quesadilla (Whole Wheat) Clementine , 1% milk	23 English Muffin with turkey bacon and Cheese, Banana , 1% milk	24 Bagel with Cream cheese Apple , 1% milk
27 Biscuit with turkey sausage, american cheese Orange , 1% milk	28 Fan Burrito, Eggs , mozzarella cheese, potato tots. (Whole Wheat Tortilla) Apple , 1% milk	29 Scrambled Eggs, turkey links, (DF) Clementine , 1% milk	30 Bagel with cream cheese Banana , 1% milk	

Hot Lunch Menu

NOVEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
30 Chicken quesadilla, whole wheat tortilla, corn, Apple , 1% milk	31 Salvadorian ground beef, Enriched white rice, carrots & Zucchini. Clementine , 1% milk	1 Breakfast For Lunch!!! Pancakes with Sausage and , Carrots, Orange , 1% milk	2 Peruvian Chicken with Enriched carrot rice, corn, Apple , 1% milk	3 Pizza day!!! Baby Carrots, Banana , 1% milk
6 Chicken Nuggets, Enriched white rice, mixed veggie. Apple , 1% milk.	7 Beef Pambazos, Whole wheat Bread, cabbage, corn Clementine , 1% milk	8 Penne pasta with beef meatballs, Marinara Sauce, broccoli and whole-wheat dinner roll, Orange 1% milk.	9 Mojo Chicken, Casamiento rice(Beans and enriched white rice), Green beans. Apple , 1% milk	10 Pizza day!!! Baby Carrots, Banana , 1% milk
13 Beef Chili Bean,Corn, corn bread, Apple 1% milk	14 Lemon Roasted Chicken , Enriched peas & carrots rice,corn. Clementine , 1% milk	15 Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Baby carrots, Orange , 1% milk	16 Brazilian Grilled Chicken, Enriched Carrot Rice, Green Beans, Apple , 1% milk	17 Pizza day!!! Baby Carrots, Banana , 1% milk
20 BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Apple , 1% milk	21 Mexican chicken, Enriched white rice and baby carrots, Clementine , 1% milk	22 Dominican chicken, Enriched Spanish rice, plantains. Orange , 1% milk	23 Beef Bolognese, enriched pasta, carrot, Apple , 1% milk	24 Breakfast For Lunch!!! Pancakes with Sausage and , Carrots, Banana , 1% milk
27 Salvadorian ground beef, Enriched white rice,carrots Apple , 1% milk	28 Chicken quesadilla, whole wheat tortilla, corn. Clementine , 1% milk	29 Teriyaki Chicken ,Enriched white rice, green beans Orange , 1% milk	30 Chicken Alfredo Enriched pasta , Broccoli, Apple , 1% milk	

Cold Breakfast

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Monday	Tuesday	Wednesday	Thursday	Friday
30 Chocolate Chip muffin, Orange, 1% milk	31 Cheerios whole-grain Cereal, Apple, and 1% milk	1 Trix Cereal, Clementine, and 1% milk	2 Golden Cereal breakfast bar, Banana, 1% milk	3 Chocolate Chip Muffin, Apple, 1% milk
6 Cheerios whole-grain cereal, Orange, 1% milk	7 1 Oatmeal Apple bar, 1 cheese stick Apple, 1% milk	8 Cinnamon Toast Cereal, Clementine, 1% milk	9 Chocolate Chip muffin, Banana, 1% milk	10 Mini bagel with strawberry cream cheese, Apple, 1% milk
13 2 Graham Honey Cracker & 1 mozzarella stick Orange, and 1% milk	14 Trix Cereal, Apple, 1% milk	15 Chocolate Chip muffin, Clementine, 1% milk	16 Golden Cereal breakfast bar, Banana, 1% milk	17 Cheerios whole-grain Cereal, Apple, 1% milk
20 Cinnamon Toast Cereal, Orange, 1% milk	21 Chocolate Chip muffin, Apple, 1% milk	22 Graham Honey Cracker & Yogurt Cup, Clementine, 1% milk	23 Trix Cereal, Banana, 1% milk	24 Apple cinnamon/Banana Chocolate oatmeal cookie, Apple, 1% milk
27 Chocolate Chip muffin, Orange, 1% milk	28 Cheerios whole-grain Cereal, Apple, and 1% milk	29 Whole-wheat bagel with cream cheese, Clementine, 1% milk	30 Mini bagel with strawberry cream cheese, Banana, 1% milk	