

HOT BREAKFAST NOVEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
OCT 28	OCT 29	OCT 30	OCT 31	1
Whole Wheat Confetti Pancake Orange, 1% milk/choc milk***	Egg Patty, Ranchero Sauce, Whole Wheat Bread Apple, 1% milk/choc milk***	French Toast Sticks w/ Maple Syrup Clementine, 1% milk/choc milk**	Whole Wheat Bagel w/ Cream Cheese Banana, 1% milk/choc milk***	Cheese Omelet w/ Salsa (Whole Wheat Bread) Apple, 1% milk/choc milk***
4	5	6	7	8
Pancakes (Whole Wheat) w/ Maple Syrup, Orange, 1% milk/choc milk***	French Toast Sticks w/ Maple Syrup Apple, 1% milk/choc milk***	Whole Wheat Bagel w/ Cream Cheese Clementine, 1% milk/choc milk***	Breakfast Turkey Pizza (Age Group: Ages 6-18) Banana, 1% milk/choc milk***	Eggs Patty, Ranchero Sauce, Whole Wheat Bread Apple, 1% milk/choc milk***
11	12	13	14	15
HOLIDAY	French Toast Sticks w/ Maple Syrup Apple, 1% milk/choc milk***	Egg & Cheese Croissant Sandwich, Clementine, 1% milk/choc milk***	Ground Beef Hash Brown Stacker (Age Group: Ages 6-18) Banana, 1% milk/choc milk***	Breakfast Burrito: Egg & Turkey Deli Apple, 1% milk/choc milk***
18	19	20	21	22
Pancakes (Whole Wheat) w/ Maple Syrup Orange, 1% milk/choc milk***	Egg & Cheese Croissant Sandwich, Apple, 1% milk/choc milk***	English Muffin w/ Turkey Sausage, & Cheese. Clementine, 1% milk/choc milk***	Vegetable Frittata (Age Group: Ages 6-18) Banana, 1% milk/choc milk***	Whole Wheat Bagel w/ Cream Cheese Apple, 1% milk/choc milk***
25	26	27	28	29
Whole Wheat Confetti Pancake Orange, 1% milk/choc milk***	Egg Patty, Ranchero Sauce, Whole Wheat Bread Apple, 1% milk/choc milk***	HOLIDAY	HOLIDAY	HOLIDAY

***Pre-K kids can only have 1% Milk according to DESE regulations.

Cold Breakfast NOVEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
OCT 28	OCT 29	OCT 30	OCT 31	1
Apple Cinnamon Cheerios Cereal, Orange , 1% milk/choc milk***	Cocoa Puffs Cereal, Apple , 1% milk/choc milk***	Blueberry Chex Cereal, Clementine , 1% milk/choc milk***	Blueberry Muffin (Whole Wheat) Banana , 1% milk/choc milk***	Chocolate Chip Muffin, Apple , 1% milk/choc milk***
4	5	6	7	8
Blueberry Chex Cereal, Orange , 1% milk/choc milk***	Apple Cinnamon Cheerios Cereal Apple , 1% milk/choc milk***	Cocoa Puffs Cereal, Clementine , 1% milk/choc milk***	Blueberry Muffin, Banana , 1% milk/choc milk***	Cinnamon Toast Cereal, Apple , 1% milk/choc milk***
11	12	13	14	15
HOLIDAY	Chocolate Chip Muffin, Apple , 1% milk/choc milk***	Blueberry Chex Cereal, Clementine , 1% milk/choc milk***	Cinnamon Toast Cereal, Banana , 1% milk/choc milk***	Cocoa Puffs Cereal, Apple , 1% milk/choc milk***
18	19	20	21	22
Cocoa Puffs Cereal, Orange , 1% milk/choc milk***	Blueberry Chex Cereal, Apple , 1% milk/choc milk***	Pop Tart, Strawberry Frosted, 1 Mozzarella Stick, Clementine , 1% milk/choc milk***	Cocoa Puffs Cereal, Banana , 1% milk/choc milk***	Cinnamon Toast Cereal, Apple , 1% milk/choc milk***
25	26	27	28	29
Apple Cinnamon Cheerios Cereal, Orange , 1% milk/choc milk***	Cocoa Puffs Cereal, Apple , 1% milk/choc milk***	HOLIDAY	HOLIDAY	HOLIDAY

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DAIRY-FREE EGG-FREE BREAKFAST

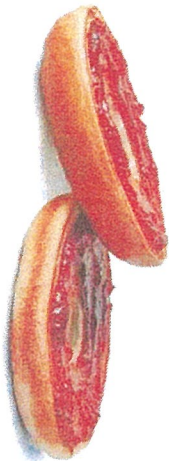
NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
NOV 4, 18	NOV 5, 19	NOV 6, 20	NOV 7, 21	NOV 8, 22
Whole Wheat Bagel with Jelly (Assorted Flavors), Orange , Dairy/Lactose-Free Milk	Egg** Burrito with Salsa (Whole Wheat), Apple , Dairy/Lactose-Free Milk	Dairy-Free Cereal, Clementine , Dairy/Lactose-Free Milk	Turkey Sausage in a Whole Wheat Bagel Sandwich, Banana , Dairy/Lactose-Free Milk	Dairy-Free Cereal, Apple , Dairy/Lactose-Free Milk
OCT 28 & NOV 25 Breakfast Burrito (Whole Wheat Tortilla) w/ Turkey Sausage, (DF), Orange , Dairy/Lactose-Free Milk	OCT 29 & NOV 12, 26 Dairy-Free Cereal, Apple , Dairy/Lactose-Free Milk	OCT 30 & NOV 13 Hash Brown, Scrambled Eggs** w/ Turkey, (DF) Clementine , Dairy/Lactose-Free Milk	Dairy/Lactose-Free Milk OCT 31 & NOV 14 Dairy-Free Cereal, Banana , Dairy/Lactose-Free Milk	NOV 1, 15 Egg** in a Whole Wheat Bagel Sandwich, Apple , Dairy/Lactose-Free Milk

Dairy-Free Cereal Options to be sent are:

- Cinnamon Toast
- Cocoa Puffs
- Cheerios (Variety of Flavors)
- Blueberry Chex

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



Hot Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
OCT 28	OCT 29	OCT 30	OCT 31	1
Chicken Carnitas, Enriched White Rice, Corn & Red Pepper, Apple & 2nd Fruit 1% milk/choc milk	Beef Bolognese, Enriched Pasta, Roasted Carrots Clementine & 2nd Fruit, 1% milk/choc milk	Mini Chicken Corn Dog, Mashed Potato, Roasted Carrots, Orange & 2nd Fruit 1% milk/choc milk	Enriched Rasta Pasta w/ Chicken, & Broccoli, Apple & 2nd Fruit, 1% milk/choc milk	Pizza day!!! & Mixed Veggies, Banana & 2nd Fruit 1% milk/choc milk
4	5	6	7	8
Chicken Nuggets, w/ Mashed Potatoes, WW Dinner Roll & Carrots (Ketchup) Apple & 2nd Fruit 1% milk/choc milk	Beef Meatballs, W.W. Penne Pasta w/ Marinara Sauce, & Broccoli, Clementine & 2nd Fruit 1% milk/choc milk	Brazilian Grilled Chicken, Brazilian Enriched White Rice, Pea, Corn, Carrots, Raisins, & Green Beans, Orange & 2nd Fruit 1% milk/choc milk	Jerk Chicken, Pigeon Enriched Rice, Plantains, Apple & 2nd Fruit 1% milk/choc milk	Pizza day!!! & Mixed Veggies, Banana & 2nd Fruit , 1% milk/choc milk
11	12	13	14	15
HOLIDAY	Barbacoa Beef Taco, Cilantro Lime Brown Rice, Corn, Clementine & 2nd Fruit 1% milk/choc milk	BBQ Grilled Chicken, Mexican Sweet Potato, W.W. Dinner Tortilla, Orange & 2nd Fruit 1% milk/choc milk	Teriyaki Chicken, Enriched White Rice & Broccoli Apple & 2nd Fruit 1% milk/choc milk	Beef Totchos (Tater Tots Nachos), W.W. Bread & Cheesy Green Peas, Banana & 2nd Fruit 1% milk/choc milk
18	19	20	21	22
Hot Dog Day!!!! Beef Sausage, W.W. Sub, Potato Tots, & Roasted Carrots, (Ketchup) Apple & 2nd Fruit, 1% milk/choc milk	Summer Roasted Chicken, Enriched W.W. Pasta & Broccoli, Clementine & 2nd Fruit 1% milk/choc milk	Turkey Fajitas Quesadilla, W.W. Tortilla, & Corn, Orange & 2nd Fruit 1% milk/choc milk	Dominican Chicken, Enriched Seasoning Rice, & Green Beans, Apple & 2nd Fruit 1% milk/choc milk	Pizza day!!! & Mixed Veggies, Banana & 2nd Fruit , 1% milk/choc milk
25	26	27	28	29
Chicken Carnitas, Enriched White Rice, Corn & Red Pepper, Apple & 2nd Fruit 1% milk/choc milk	Beef Bolognese, Enriched Pasta, Roasted Carrots Clementine & 2nd Fruit, 1% milk/choc milk	HOLIDAY	HOLIDAY	HOLIDAY

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Cold Lunch

NOVEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
OCT 28	OCT 29	OCT 30	OCT 31	1
DELI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing, Mayo Apple & 2nd Fruit 1% milk/choc milk	Grilled Chicken w/ W.W. Pasta Salad, Corn, Spinach, Ranch Dressing Clementine & 2nd Fruit 1% milk/choc milk	Egg Salad Sandwich: W.W. Bread, Garden Salad, Italian Dressing Orange & 2nd Fruit 1% milk/choc milk	Chicken Waldorf Sandwich W.W. Bread, Garden salad, French dressing Apple & 2nd Fruit 1% milk/choc milk	Chicken Chipotle Wrap: Chicken, Lettuce, Baby Carrots, W.W. Tortilla, & Ranch Dressing, Banana & 2nd Fruit 1% milk/choc milk
4	5	6	7	8
Farm Salad: Boiled Eggs, Lettuce, Tomato, Carrots, W.W. Dinner Roll, & Italian Dressing, Apple & 2nd Fruit 1% milk/choc milk	Grilled Peruvian Chopped Chicken Salad: Lettuce, Corn, Cherry, Black Beans, W.W. Tortilla, Ranch Dressing Clementine & 2nd Fruit , 1% milk/choc milk.	Chicken Salad Sandwich, W.W. Bread, Garden Salad, Italian Dressing, Orange & 2nd Fruit 1% milk/choc milk Contains: Mayo	Caprese Sandwich w/ Balsamic Glaze, Spinach Salad w/ Balsamic Dressing Apple & 2nd Fruit 1% milk/choc milk	Smoke-Grilled BBQ Chicken Sandwich, W.W. Bun, Baby Carrots, Grapes, Ranch Dressing Banana & 2nd Fruit 1% milk/choc milk
11	12	13	14	15
HOLIDAY	Fiesta Salad: Boiled Eggs, Black Beans, Tomato, Carrots, Bell Peppers, W.W. Dinner Roll, & 1000 Island Dressing. Clementine & 2nd Fruit , 1% milk/choc milk.	Lemon Chicken Wrap, Lettuce, W.W. Tortilla, Mixed Veggie Potato Salad. Orange & 2nd Fruit 1% milk/choc milk	Salvadorian Chicken Sandwich, Cabbage Slaw, Carrots, W.W. Bread, Apple & 2nd Fruit 1% milk/choc milk	Mediterranean Salad: Lettuce, Tomato, Chickpeas, Bell Peppers, Cucumber, Mini Pita Bread, & Balsamic Vinaigrette, Banana & 2nd Fruit 1% milk/choc milk
18	19	20	21	22
Farm Salad: Boiled Eggs, Lettuce, Tomato, Celery, Carrots, W.W. Dinner Roll, Italian Dressing Apple & 2nd Fruit 1% milk/choc milk***.	Grilled Chicken Salad, Apple, Broccoli Slaw, Carrots, Lettuce, Pumpkin Seed, & French Dressing, Clementine & 2nd Fruit 1% milk/choc milk	Sunflower Butter & Jelly Sandwich, W.W. Bread, Baby Carrots, Grapes, Ranch Dressing Orange & 2nd Fruit 1% milk/choc milk	Chicken Caesar Salad: Grilled Chicken, Lettuce, Cherry Tomatoes, W.W. Dinner Roll, & Caesar Dressing, Apple & 2nd Fruit , 1% milk/choc milk	Taco Salad: Black Beans, Chickpea, Corn, Cherry Tomato, Lettuce, W.W. Tortilla Chip, & 100 Island Dressing. Banana & 2nd Fruit 1% milk/choc milk***
25	26	27	28	29
DELI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing, Mayo Apple & 2nd Fruit 1% milk/choc milk	Grilled Chicken w/ W.W. Pasta Salad, Corn, Spinach, Ranch Dressing Clementine & 2nd Fruit 1% milk/choc milk	HOLIDAY	HOLIDAY	HOLIDAY

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Dairy Free Menu

NOVEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
OCT 28	OCT 29	OCT 30	OCT 31	1
Chicken Carnitas, Enriched White Rice, Corn & Red Pepper, Apple & 2nd Fruit Dairy/Lactose-Free Milk	Beef Bolognese, Enriched Pasta, Roasted Carrots Clementine & 2nd Fruit , Dairy/Lactose-Free Milk	Mini Chicken Corn Dog, Mashed Potato, Roasted Carrots Orange & 2nd Fruit Dairy/Lactose-Free Milk	Enriched Rasta Pasta w/ Chicken, & Broccoli, Apple & 2nd Fruit , Dairy/Lactose-Free Milk	Pizza day!!! Dairy/Lactose Free Cheese, & Mixed Veggies, Banana & 2nd Fruit Dairy/Lactose-Free Milk
4	5	6	7	8
Chicken Nuggets, w/ Mashed Potatoes, W.W. Dinner Roll & Carrots (Ketchup) Apple & 2nd Fruit Dairy/Lactose-Free Milk	Beef Meatballs, W.W. Penne Pasta w/ Marinara Sauce, & Broccoli, Clementine & 2nd Fruit Dairy/Lactose-Free Milk	Brazilian Grilled Chicken, Brazilian Enriched White Rice, Pea, Corn, Carrots, Raisins, & Green Beans, Orange & 2nd Fruit Dairy/Lactose-Free Milk	Jerk Chicken, Pigeon Enriched Rice, Plantains, Apple & 2nd Fruit Dairy/Lactose-Free Milk	Pizza day!!! Dairy/Lactose Free Cheese, & Mixed Veggies, Banana & 2nd Fruit , Dairy/Lactose-Free Milk
11	12	13	14	15
HOLIDAY	Barbacoa Beef Taco, Cilantro Lime Brown Rice, Corn, Clementine & 2nd Fruit Dairy/Lactose-Free Milk	BBQ Grilled Chicken, Mexican Sweet Potato, W.W. Dinner Tortilla, Orange & 2nd Fruit Dairy/Lactose-Free Milk	Teriyaki Chicken, Enriched White Rice & Broccoli Apple & 2nd Fruit Dairy/Lactose-Free Milk	Beef Totchos (Tater Tots Nachos), W.W. Bread, Vegan Cheesy Green Peas, Banana & 2nd Fruit , Dairy/Lactose-Free Milk
18	19	20	21	22
Hot Dog Day!!!! Beef Sausage, W.W. Sub, Potato Tots, & Roasted Carrots, (Ketchup) Apple & 2nd Fruit , Dairy/Lactose-Free Milk	Summer Roasted Chicken, Enriched W.W. Pasta & Broccoli, Clementine & 2nd Fruit Dairy/Lactose-Free Milk	Turkey Fajitas Quesadilla, (Vegan Cheese) W.W. Tortilla, & Corn, Orange & 2nd Fruit Dairy/Lactose-Free Milk	Dominican Chicken, Enriched Seasoning Rice, & Green Beans, Apple & 2nd Fruit Dairy/Lactose-Free Milk	Pizza day!!! Dairy/Lactose Free Cheese, & Mixed Veggies, Banana & 2nd Fruit , Dairy/Lactose-Free Milk
25	26	27	28	29
Chicken Carnitas, Enriched White Rice, Corn & Red Pepper, Apple & 2nd Fruit Dairy/Lactose-Free Milk	Beef Bolognese, Enriched Pasta, Roasted Carrots Clementine & 2nd Fruit , Dairy/Lactose-Free Milk	HOLIDAY	HOLIDAY	HOLIDAY

Vegetarian Menu

NOVEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
OCT 28	OCT 29	OCT 30	OCT 31	1
Plant-Based Meatballs, Cheese Enriched White Rice, Corn & Red Pepper Apple & 2nd Fruit 1% milk/choc milk***	Plant Based Bolognese, Enriched Pasta, Roasted Carrots, Clementine & 2nd Fruit, 1% milk/choc milk***	Vegan Corn Dog, Mashed Potatoes & Roasted Carrots & W.W. Dinner Roll, Orange & 2nd Fruit 1% milk/choc milk***	Vegan Chicken Rasta Enriched Pasta, Broccoli, Apple & 2nd Fruit 1% milk/choc milk***	Pizza day!!! Pita dough, Vegan Cheese, Mixed Veggies, Banana & 2nd Fruit 1% milk/choc milk***
4	5	6	7	8
Veggie Chicken Nuggets, Mashed Potatoes, W.W. Dinner Roll & Carrots, Apple & 2nd Fruit, 1% milk/choc milk***	W.W Penne Pasta w/ Plant Base Meatball, Broccoli, Marinara Sauce, Clementine & 2nd Fruit 1% milk/choc milk***	Boiled Hard Egg in Tomato Sauce, Brazilian Enriched Rice, Peas, Corn, Carrots, Raisins, & Green Beans, Orange & 2nd Fruit 1% milk/choc milk***	Jerk Vegan Chicken, Pigeon Enriched Rice, Plantains, Apple & 2nd Fruit 1% milk/choc milk***	Pizza Day!!! Pita Dough, Vegan Cheese, Mixed Veggies, Banana & 2nd Fruit 1% milk/choc milk***.
11	12	13	14	15
HOLIDAY	Barbacoa Plant-Based Meatball, Cilantro lime Brown Rice, Corn, Clementine & 2nd Fruit 1% milk/choc milk***.	Tempura BBQ Tofu, Mexican Sweet Potato, W.W. Dinner Tortilla, Orange & 2nd Fruit 1% milk/choc milk***	Teriyaki Vegan Chicken, Enriched White Rice, Broccoli, Apple & 2nd Fruit 1% milk/choc milk***	Vegan Beef Totchos (Tater Tots Nachos) W.W. Dinner Roll, Green Pec. Banana & 2nd Fruit 1% milk/choc milk***.
18	19	20	21	22
Hot Dog Day!!!! Vegan Sausage, W.W. Sub, Tater Tots, & Carrots, Apple & 2nd Fruit 1% milk/choc milk***	Boiled Hard Egg in Tomato Sauce, Enriched W.W. Pasta, Broccoli Clementine & 2nd Fruit 1% milk/choc milk***	Refried Beans & Cheese Quesadilla, W.W. Tortilla, Corn, Orange & 2nd Fruit 1% milk/choc milk***	Baked Cheese Stick, Enriched Seasoning Rice, Green Beans, Apple & 2nd Fruit 1% milk/choc milk***	Pizza Day!!! Pita Dough, Vegan Cheese, Mixed Veggies, Banana & 2nd Fruit 1% milk/choc milk***.
25	26	27	28	29
Plant-Based Meatballs, Cheese Enriched White Rice, Corn & Red Pepper Apple & 2nd Fruit 1% milk/choc milk***	Plant Based Bolognese, Enriched Pasta, Roasted Carrots, Clementine & 2nd Fruit, 1% milk/choc milk***	HOLIDAY	HOLIDAY	HOLIDAY

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Please Make Sure that the Replacement is the Same Lunch Type

Hot Lunch Option 1

Beef Meatballs on a
Whole Wheat Sub,
& Corn/Broccoli,
Fresh Fruit
1% Milk/Choc Milk***

Hot Lunch Option 2

Chicken Nuggets,
Roasted Carrots,
Enriched White Rice,
Fresh Fruit
1% Milk/Choc Milk***

Cold Lunch Option 1

Cold Lunch:
Turkey Sandwich,
Cheddar Cheese, on Whole
Wheat Bread &
Garden Salad.
Fresh Fruit
1% Milk/Choc Milk***

Cold Lunch Option 2

Vegetarian Option:
Sunflower Butter and Jelly
Sandwich, Chickpeas,
& Salad
Fresh Fruit
1% Milk/Choc Milk***

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How to implement these options into your menu?

- If there's a meal on a certain day that the kids do not find very appetizing feel free to enter which option meal you'd like to replace it with under the Special Requests Section!
- The fruit sent will be assigned depending on the day you decide when to implement a substitute meal from the options above!
- These meal substitutes can be used to replace meals from the Hot Lunch Menu only and do not apply for meals from the Breakfasts Menus or Cold/Vegetarian/Dairy-Free Menus.
- Meal options cannot be mixed, one meal substitute per day.
- Fresh Fruit = FRUIT OF THE DAY

Any further questions please feel free to reach out and let me know!