

# 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

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# Cold Breakfast

# NOVEMBER 2024



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

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# Hot Lunch Menu

# NOVEMBER 2024



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

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# Cold Lunch

# NOVEMBER 2024



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

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# Vegetarian Menu

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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 Pea. 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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# Dairy Free Menu

# NOVEMBER 2024



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