

# November 2020

## K-12 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 2, 2020	November 3, 2020	November 4, 2020	November 5, 2020	November 6, 2020
<b>BREAKFAST</b> Cinnamon Toast Soft Filled Bar, Diced Pears, Orange Juice, Milk  <b>LUNCH</b> Cheesy Chipotle Chicken w/Spanish Rice, Cornbread ^ Broccoli Mixed Fruit Cup Milk	<b>BREAKFAST</b> Waffles ^, Peach Cup, Apple Cran Juice, Syrup, Milk  <b>LUNCH</b> Breaded Chicken Nuggets ^ Fiesta Beans, Sun Splash Veggie Juice Pear Cup, Blended Fruit Juice BBQ Sauce Milk	<b>BREAKFAST</b> Cinnamon Flakes ^, Maple Breakfast Bar ^, Pineapple Tidbits, Blended Fruit Juice, Milk  <b>LUNCH</b> Pancakes ^ w/Sausage & Syrup Potato Rounds, Sun Splash Veggie Juice Craisins, Applesauce Milk	<b>BREAKFAST</b> Frosted Flakes ^, Apple Bar ^, Craisins, Orange Juice, Milk  <b>LUNCH</b> Bean & Cheese Burrito ^ Salsa Cup Whole Kernel Corn Mixed Fruit Cup, Blended Fruit Juice Milk	<b>BREAKFAST</b> Turkey Ham & Cheese on English Muffin ^, Pineapple Tidbits, Grape Juice, Milk  <b>LUNCH</b> Kickin Chicken Sandwich ^ Potato Wedges, Green Beans Mixed Fruit Cup, Orange Juice BBQ Sauce, Ketchup Milk
November 9, 2020	November 10, 2020	November 11, 2020	November 12, 2020	November 13, 2020
<b>BREAKFAST</b> Froot Loops ^, Graham Crackers ^, Pear Cup, Apple Cran Juice, Milk  <b>LUNCH</b> General Tso's Chicken & Noodles Broccoli, Diced Carrots Apple Cran Juice, Peach Cup Chocolate Cookie ^ Milk	<b>BREAKFAST</b> Pillsbury Grape Crescent ^, Peach Cup, Blended Fruit Juice, Milk  <b>LUNCH</b> Chicken Stirps w/Mac & Cheese Baked Beans, Sun Splash Veggie Juice Pear Cup, Grape Juice, Applesauce Honey, Crispy Granola Bites Milk	Holiday - No School  	<b>BREAKFAST</b> Rice Krispies ^, Graham Crackers ^, Applesauce, Grape Juice, Milk  <b>LUNCH</b> 4-Cheese Panini Sun Splash Veggie Juice Green Beans Pear Cup, Orange Juice Milk	<b>BREAKFAST</b> Blueberry Muffin ^, String Cheese, Mixed Fruit Cup, Blended Fruit Juice, Milk  <b>LUNCH</b> Crispy Chicken Sandwich ^ Broccoli Diced Carrots Applesauce, Grape Juice Milk
November 16, 2020	November 17, 2020	November 18, 2020	November 19, 2020	November 20, 2020
<b>BREAKFAST</b> Cinnamon Toast Soft Filled Bar, Diced Pears, Orange Juice, Milk  <b>LUNCH</b> BBQ Chicken Tater Tot-Chos Cornbread ^ Sun Splash Veggie Juice Craisins, Mixed Fruit Cup Milk	<b>BREAKFAST</b> Pancakes ^, Peach Cup, Blended Fruit Juice, Syrup, Milk  <b>LUNCH</b> Corn Dog on a Stick Whole Kernel Corn, Green Beans  Mustard, Ketchup Milk	<b>BREAKFAST</b> Cinnamon Flakes ^, Maple Breakfast Square ^, Pineapple Tidbits, Blended Fruit Juice, Milk  <b>LUNCH</b> Beef Rib-B-Que Sandwich ^ Fiesta Beans French Fries Peach Cup, Blended Fruit Juice Milk	<b>BREAKFAST</b> Frosted Flakes ^, Apple Bar ^, Craisins, Orange Juice, Milk  <b>LUNCH</b> Chick' n Nuggets w/Potato Wedges Cornbread ^, Diced Carrots Pineapple Cup, Apple Cran Juice BBQ Sauce, Ketchup Milk	<b>BREAKFAST</b> Turkey Ham & Cheese on English Muffin ^, Pineapple Tidbits, Grape Juice, Milk  <b>LUNCH</b> Meatloaf w/Tomato Sauce & Breadstick ^ Green Beans, Potato Rounds Mixed Fruit Cup, Grape Juice Vanilla Cookie ^ Milk
November 23, 2020	November 24, 2020	November 25, 2020	November 26, 2020	November 27, 2020
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break		Thanksgiving Break
November 30, 2020				
<b>BREAKFAST</b> Rice Krispies ^, Graham Crackers ^, Applesauce Cup, Grape Juice, Milk  <b>LUNCH</b> Pizza Dippers ^ Marinara Dipping Sauce Green Beans Applesauce, Orange Juice Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE WHITE MILK

\*\* MENU IS SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider \*\*\*