# November 2021

## K-12 Breakfast & Lunch

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **November 1, 2021** | **November 2, 2021** | **November 3, 2021** | **November 4, 2021** | **November 5, 2021** |
| **BREAKFAST**<br>CINNAMON TOAST CRUNCH ^, Vanilla Waffle Square ^, Craisins, Grape Juice, Milk<br>**LUNCH**<br>TURKEY & CHEESE SANDWICH ^<br>Fresh Baby Carrots<br>Ranch Dressing<br>Sun Splash Veggie Juice<br>Applesauce<br>Mustard<br>Milk | **BREAKFAST**<br>PLAIN BAGEL ^, Cream Cheese, Diced Pears, Orange Juice, Milk<br>**LUNCH**<br>VANILLA YOGURT<br>String Cheese<br>Tropical Veggie Juice<br>Diced Pears<br>CINNAMON BUN ^<br>Milk | **BREAKFAST**<br>DOUBLE CHOCOLATE MINI MUFFIN ^, String Cheese, Fresh Apple, Milk<br>**LUNCH**<br>TURKEY BOLOGNA SANDWICH^<br>Fresh Chopped Romaine (IW)<br>Fresh Cauliflower Florets (IW)<br>French Dressing<br>Diced Peaches<br>Mustard<br>Milk | **BREAKFAST**<br>VANILLA YOGURT, Granola ^, Fresh Banana, Apple Juice, Milk<br>**LUNCH**<br>TURKEY HAM & CHEESE SANDWICH ^<br>Hummus Cup<br>Fresh Baby Carrots<br>Fresh Orange<br>Mustard<br>Milk | **BREAKFAST**<br>FRUITY CHEERIOS^, Strawberry Pancake Square ^, Fresh Apple, Milk<br>**LUNCH**<br>"HERO SANDWICH^<br>Italian Corn Salad<br>Fresh Pear<br>Mustard<br>Choice of Milk<br>" |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **November 8, 2021** | **November 9, 2021** | **November 10, 2021** | **November 11, 2021** | **November 12, 2021** |
| **BREAKFAST**<br>FROSTED CORN FLAKES ^, Cherry Breakfast Bar ^, Craisins, Orange Juice, Milk<br>**LUNCH**<br>STRAWBERRY YOGURT<br>String Cheese<br>Tropical Veggie Juice<br>Fresh Orange<br>Cornbread ^<br>Milk | **BREAKFAST**<br>STRAWBERRY YOGURT, Granola ^, Diced Peaches, Grape Juice, Milk<br>**LUNCH**<br>TURKEY HAM & CHEESE SANDWICH ^<br>Sun Splash Veggie Juice<br>Fresh Baby Carrots<br>Ranch Dressing<br>Mixed Fruit<br>Mustard<br>Milk | **BREAKFAST**<br>RICE CHEX ^, Graham Crackers ^, Fresh Apple, Milk<br>**LUNCH**<br>TURKEY & CHEESE SANDWICH ^<br>Hummus Cup<br>Fresh Baby Carrots<br>Orange-Tangerine Juice<br>Mustard<br>Milk | **NO SCHOOL**<br> | **BREAKFAST**<br>BLUEBERRY MINI MUFFIN ^, String Cheese, Fresh Apple, Milk<br>**LUNCH**<br>TURKEY BOLOGNA SANDWICH^<br>Fresh Chopped Romaine (IW)<br>Fresh Broccoli Florets (IW)<br>Ranch Dressing<br>Fresh Banana<br>Mustard<br>Milk |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **November 15, 2021** | **November 16, 2021** | **November 17, 2021** | **November 18, 2021** | **November 19, 2021** |
| **BREAKFAST**<br>FRUITY CHEERIOS^, Maple Breakfast Square ^, Craisins, Fruit Punch Juice, Milk<br>**LUNCH**<br>TURKEY & CHEESE SANDWICH ^<br>Fresh Baby Carrots<br>Ranch Dressing<br>Sun Splash Veggie Juice<br>Applesauce<br>Mustard<br>Milk | **BREAKFAST**<br>PLAIN BAGEL ^, Cream Cheese, Diced Pears, Apple Juice, Milk<br>**LUNCH**<br>VANILLA YOGURT<br>String Cheese<br>Tropical Veggie Juice<br>Diced Pears<br>CINNAMON BUN ^<br>Milk | **BREAKFAST**<br>BANANA MINI MUFFIN ^, String Cheese, Fresh Apple, Milk<br>**LUNCH**<br>TURKEY BOLOGNA SANDWICH^<br>Fresh Chopped Romaine (IW)<br>Fresh Cauliflower Florets (IW)<br>French Dressing<br>Diced Peaches<br>Mustard<br>Milk | **BREAKFAST**<br>RASPBERRY-CHERRY YOGURT Granola ^, Fresh Banana, Grape Juice, Milk<br>**LUNCH**<br>TURKEY HAM & CHEESE SANDWICH ^<br>Hummus Cup<br>Fresh Baby Carrots<br>Fresh Orange<br>Mustard<br>Milk | **BREAKFAST**<br>FROSTED CORN FLAKES ^, Vanilla Waffle Square ^, Fresh Apple, Milk<br>**LUNCH**<br>TURKEY & CHEESE SANDWICH ^<br>Fresh Baby Carrots<br>Ranch Dressing<br>Sun Splash Veggie Juice<br>Applesauce<br>Mustard<br>Milk |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **November 22, 2021** | **November 23, 2021** | **November 24, 2021** | **November 25, 2021** | **November 26, 2021** |
| **NO SCHOOL** | **NO SCHOOL**<br> | **NO SCHOOL** | **NO SCHOOL** | **NO SCHOOL** |
| **MONDAY** | **TUESDAY** | | | |
| **November 29, 2021** | **November 30, 2021** | | | |
| **BREAKFAST**<br>APPLE CINNAMON CHEERIOS ^, Graham Crackers ^, Craisins, Applesauce, Milk<br>**LUNCH**<br>TURKEY & CHEESE SANDWICH ^<br>Fresh Baby Carrots<br>Ranch Dressing<br>Sun Splash Veggie Juice<br>Applesauce<br>Mustard<br>Milk | **BREAKFAST**<br>FROSTED FLAKES ^, Vanilla Waffle Square ^, Diced Pears, Apple Juice, Milk<br>**LUNCH**<br>VANILLA YOGURT<br>String Cheese<br>Tropical Veggie Juice<br>Diced Pears<br>CINNAMON BUN ^<br>Milk |  | | ***** MENU IS SUBJECT TO CHANGE *****<br>***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS amd A OF 1% OR FAT FREE WHITE MILK***<br>***^ Denotes item is whole-grain/whole wheat***<br>****** This institution is an equal opportunity provider ****** |