


# NOVEMBER 2021 MENU

## Ready to Serve

<p>1</p> <p><b>BREAKFAST</b> Blueberry Belgian Waffle Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Southern Style Chicken Bites Cheez its Seasoned Peas &amp; Carrots Cucumber Slices w/ Ranch Fresh Apple Slices (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>2</p> <p><b>BREAKFAST</b> Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> BBQ Chicken Sandwich BBQ Baked Beans Baby Carrots w/ Ranch 100% Fruit Juice (Elem &amp; Secondary) Raisins (Secondary only) Assorted Low Fat Milk</p>	<p>3</p> <p><b>BREAKFAST</b> Eggo® Mini Cinnamon Waffles Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Tuscan Chicken Alfredo Steamed Broccoli Grape Tomatoes w/ Ranch Fruited Gelatin (Elem &amp; Secondary) 100% Fruit Juice (Secondary only) Assorted Low Fat Milk</p>	<p>4</p> <p><b>BREAKFAST</b> Mini Loaf &amp; Cheese Stick Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Teriyaki Chicken w/ Fried Rice Crisp Garden Side Salad Veggie Juice Box Applesauce Cup (Elem &amp; Secondary) Assorted Fruit (Secondary only) Assorted Low Fat Milk</p>	<p>5</p> <p><b>BREAKFAST</b> Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Tasty Brands Turkey, Turkey Pepperoni, &amp; Cheese Croissant Sweet Kernel Corn Baby Carrots w/ Ranch Fresh Orange Smiles (Elem &amp; Secondary) Raisins (Secondary Only) Assorted Low Fat Milk</p>
<p>8</p> <p><b>BREAKFAST</b> Celebration Benefit Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Tuscan Rotini &amp; Meatballs Cheesy Garlic &amp; Herb Broccoli Cucumber Slices w/ Ranch Fresh Apple Slices (Elem &amp; Secondary) Applesauce cup (Secondary only) Assorted Low Fat Milk</p>	<p>9</p> <p><b>BREAKFAST</b> Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Cuban Sandwich Seasoned Black Beans Baby Carrots w/ Ranch 100% Fruit Juice (Elem &amp; Secondary) Raisin box (Secondary only) Assorted Low Fat Milk</p>	<p>10</p> <p><b>BREAKFAST</b> Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Turkey and Cheese Sliders Sweet Kernel Corn Grape Tomatoes w/ Ranch Applesauce Cup (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>11</p> <p><b>NO SCHOOL VETERANS DAY</b></p> 	<p>12</p> <p><b>BREAKFAST</b> Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Macaroni and Cheese Herbed Cauliflower Baby Carrots w/ Ranch Fresh Orange Wedges (1 Elem/2 Secondary) Assorted Low Fat Milk</p>
<p>15</p> <p><b>BREAKFAST</b> Blueberry Belgian Waffle Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Meatball &amp; Marinara Sub Sweet Kernel Corn Cucumber Slices w/ Ranch Fresh Apple Slices (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>16</p> <p><b>BREAKFAST</b> Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Tasty Brands Turkey &amp; Cheese Sandwich Creamed Spinach Baby Carrots w/ Ranch 100% Fruit Juice (Elem &amp; Secondary) Raisins (Secondary only) Assorted low Fat Milk</p>	<p>17</p> <p><b>BREAKFAST</b> Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>THANKSGIVING LUNCH</b> Roasted Turkey &amp; Mashed Potatoes w/ Gravy Buttery Garlic Breadstick Seasoned Green Beans Fruit Cup (1 Elem/ 2 Secondary) Assorted Low Fat Milk</p>	<p>18</p> <p><b>BREAKFAST</b> Mini Loaf &amp; Cheese Stick Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Tuscan Rotini w/ Meat Sauce Herbed Cauliflower Grape Tomatoes w/ Ranch Applesauce (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>19</p> <p><b>BREAKFAST</b> Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Cuban Sandwich Steamed Broccoli Baby Carrots w/ Ranch Fresh Orange Smiles (1 Elem/2 Secondary) Assorted Low Fat Milk</p>



<p>29</p> <p><b>BREAKFAST</b>  Celebration Benefit Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  Tuscan Rotini &amp; Meatballs  Cheesy Garlic &amp; Herb Broccoli  Veggie Juice Box  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk</p>	<p>30</p> <p><b>BREAKFAST</b>  Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  Southern Style Chicken Bites with Cheez its®  Seasoned Peas &amp; Carrots  Veggie Juice Box  100% Fruit Juice  (Elem &amp; Sedcondary)  Raisins  (Secondary only)  Assorted Low Fat Milk</p>	<p>DEC 1</p> <p><b>BREAKFAST</b>  Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  Chicken &amp; Yellow Rice  Seasoned Black beans  Grape Tomatoes w/ Ranch  Peach Cup  (1 Elem/ 2 Secondary)  Assorted Low Fat Milk</p>	<p>DEC 2</p> <p><b>BREAKFAST</b>  Yogurt Smoothie w/Strawberry Graham  Raisin Box  White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  Turkey &amp; Cheese Sliders (2)  Sweet Kernel Corn  Crisp Garden Side Salad  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk</p>	<p>DEC 3</p> <p><b>BREAKFAST</b>  Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  Macaroni and Cheese  Herbed Cauliflower  Baby Carrots w/ Ranch  Fresh Orange Wedges  (1 Elem/2 Secondary)  Assorted Low Fat Milk</p>
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**High School MUST serve an additional 1/2c serving of fruit daily.**