


NOVEMBER 2021 MENU

Ready to Serve

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



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| <p>29</p> <p>BREAKFAST Celebration Benefit Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Tuscan Rotini & Meatballs Cheesy Garlic & Herb Broccoli Veggie Juice Box Applesauce Cup (1 Elem/2 Secondary) Assorted Low Fat Milk</p> | <p>30</p> <p>BREAKFAST Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Southern Style Chicken Bites with Cheez its® Seasoned Peas & Carrots Veggie Juice Box 100% Fruit Juice (Elem & Sedcondary) Raisins (Secondary only) Assorted Low Fat Milk</p> | <p>DEC 1</p> <p>BREAKFAST Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Chicken & 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>BREAKFAST Yogurt Smoothie w/Strawberry Graham Raisin Box White Milk (Low Fat or Skim)</p> <p>LUNCH Turkey & 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>BREAKFAST Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH 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.