

# Grades K-12 Cafeteria Breakfast and Lunch Menu - November 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Honey Wheat Bagel w/ Cream Cheese 2</b> Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit	Whole Grain Pancakes <b>3</b> Or <b>Assorted Whole Grain Cereals w/ a Cheese Stick</b> Fresh Fruit	Whole Grain Waffles <b>4</b> Or <b>Fruited Yogurt w/ Granola</b> Fresh Fruit	Breakfast Sandwich w/ Egg & Cheese on a Biscuit <b>5</b> Or <b>Whole Grain Cinnamon Raisin Bagel w/ Cream Cheese</b> Fresh Fruit	Whole Grain French Toast Sticks <b>6</b> Or <b>Assorted Whole Grain Cereals w/ Grahams</b> Fresh Fruit
Lunch	Pasta w/ Marinara and Mozzarella Cheese <sup>v</sup> Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>v</sup> Celery Sticks Fresh Fruit	Crispy Baked Fish Filet Sandwich Or Chicken Caesar Salad Or Toasted Cheese Sandwich w/ Carrot s & Ranch Dip <sup>v</sup> Roasted Carrots Fresh Fruit	Pollo Guisado w/ Brown Rice Or Spicy Chicken Wrap Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>v</sup> Chickpea Salad Fresh Fruit	Cheeseburger/Hamburger Or Southwestern Salad w/ Chicken Toasted Cheese Sandwich w/ Carrot s & Ranch Dip <sup>v</sup> Roasted Potatoes <sup>-</sup> Fresh Fruit	Buffalo Chicken Pizza or Cheese Pizza <sup>v</sup> Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>v</sup> Garden Salad Fresh Fruit
Breakfast	<b>Honey Wheat Bagel w/ Cream Cheese 9</b> Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit	Whole Grain Pancakes <b>10</b> Or <b>Fruited Yogurt w/ Grahams</b> Fresh Fruit	<b>11</b>  No School Veteran's Day	Whole Grain Waffles <b>12</b> Or <b>Whole Grain Blueberry Bagel w/ Cream Cheese</b> Fresh Fruit	Whole Grain French Toast Sticks <b>13</b> Or <b>Assorted Whole Grain Cereals w/ a Cheese Stick</b> Fresh Fruit
Lunch	Black Bean Burrito Bowl <sup>v</sup> Or Chicken Salad on Whole Grain Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>v</sup> Sweet Corn Fresh Fruit	Baked Chicken Tenders Or Garden Salad Topped w/ Tuna Salad Or Toasted Cheese Sandwich w/ Carrot s & Ranch Dip <sup>v</sup> Roasted Sweet Potatoes Fresh Fruit		Tangerine Chicken over Brown Rice Or Chef's Salad w/ Turkey-Ham and Cheese Or Toasted Cheese Sandwich w/ Carrot s & Ranch Dip <sup>v</sup> Steamed Broccoli Fresh Fruit	Pepper and Onion Pizza <sup>v</sup> or Cheese Pizza <sup>v</sup> Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>v</sup> Garden Salad Fresh Fruit
Breakfast	Cinnamon Raisin Bagel w/ Cream Cheese <b>16</b> Or <b>Assorted Whole Grain Cereals w/ Grahams</b> Fresh Fruit	Whole Grain French Toast Sticks <b>17</b> Or <b>Assorted Whole Grain Cereals w/ a Cheese Stick</b> Fresh Fruit	Egg & Cheese Omelet w/ Toast <b>18</b> Or <b>Assorted Whole Grain Cereals w/ Grahams</b> Fresh Fruit	Whole Grain Pancakes <b>19</b> Or <b>Fruited Yogurt w/ Grahams</b> Fresh Fruit	Breakfast Sandwich w/ Egg and Cheese on <b>20</b> Biscuit Or <b>Assorted Whole Grain Cereals w/ Grahams</b> Fresh Fruit
Lunch	Creamy Macaroni and Cheese <sup>v</sup> Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>v</sup> Cherry Tomatoes Fresh Fruit	Meatball Sub w/ Parmesan Cheese Or Garden Salad Topped w/ Buffalo Chicken Or Toasted Cheese Sandwich w/ Carrot s & Ranch Dip <sup>v</sup> Green Beans Fresh Fruit	Cajun Baked Fish over Brown Rice Or Chicken Salad Sandwich on Wheat Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>v</sup> Baked Beans Fresh Fruit	Roast Turkey Dinner w/ Turkey and Stuffing Or Chicken Caesar Salad Or Toasted Cheese Sandwich w/ Carrot s & Ranch Dip <sup>v</sup> Mashed Potatoes Fresh Fruit	Hawaiian Pizza or Cheese Pizza <sup>v</sup> Or Tuna Salad on Wheat Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>v</sup> Garden Salad Fresh Fruit
Breakfast	<b>Honey Wheat Bagel w/ Cream Cheese 23</b> Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit	Whole Grain Pancakes <b>24</b> Or <b>Assorted Whole Grain Cereals w/ a Cheese Stick</b> Fresh Fruit	Early Release! Whole Grain Waffles <b>25</b> Or <b>Assorted Whole Grain Cereals w/ Cheese Stick</b> Fresh Fruit	<b>26</b>  No School Thanksgiving Recess	<b>27</b>  No School Thanksgiving Recess
Lunch	Pasta w/ Marinara and Mozzarella Cheese <sup>v</sup> Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>v</sup> Celery Sticks Fresh Fruit	Crispy Baked Fish Filet Sandwich Or Chicken Caesar Salad Or Toasted Cheese Sandwich w/ Carrot s & Ranch Dip <sup>v</sup> Sizzlin' Black Beans Fresh Fruit	Turkey-Ham & Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>v</sup> Baby Carrots Fresh Fruit		
Lunch	<b>Honey Wheat Bagel w/ Cream Cheese 30</b> Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit		<b>Notes about the menu:</b> * Bolded items served in classroom and grab-and-go sites * All cereals are reduced sugar * Cheeses are reduced fat * All grain products are whole grain or whole wheat * All menu items that contain peanuts or tree nuts as an ingredient are clearly named * A variety of condiments offered daily	<b>Breakfast Milk Choices</b> 1 % Plain & Nonfat Plain <b>Lunch Milk Choices</b> 1% Plain, Nonfat Plain, & Chocolate  <b>Breakfast and Lunch FREE for ALL Students</b> Menus are subject to change	* Locally grown produce is sourced when available. * <sup>L</sup> stands for locally grown products * <sup>v</sup> stands for vegetarian * A variety of fresh fruits and vegetables are offered daily * In addition to daily vegetables, baby carrots offered M/W/F and cucumber slices T/TH