

November 2016

M	T	W	T	F
	<p><u>Nov 1</u></p> <ul style="list-style-type: none"> - Meatless "Pepperoni" Calzoni with Whole Grain Salsa Fresca Rumbles - Chicken Taco Trio with Brown Rice - Honey Mustard Chicken Wrap with Whole Grain Goldfish Pretzels - Chicken Salad Sub on Whole Grain Bun - All Natural Granola with Yogurt and Fresh Fruit - Plain Whole Wheat Bagel with Cream Cheese Packet and Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Seasoned Corn 	<p><u>Nov 2</u></p> <ul style="list-style-type: none"> - Baked Mac & Cheese and Chicken Bites Lunch Combo with BBQ Sauce Packet - Cheese Enchiladas with Brown Rice - Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise Packet - Chicken Caesar Wrap with Caesar Dressing Packet - Whole Grain Dipperdoodle Bar with Orange Juice - Banana Muffin with Orange Juice - Fresh Fruit - 2nd Piece - Ranch Dressing Packet - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Pinto Beans - Baby Carrots 	<p><u>Nov 3</u></p> <ul style="list-style-type: none"> - All Natural Hot Dog on a Whole Grain Bun with Ketchup Packet - BBQ Chicken Sandwich on a Whole Grain Bun - Hummus and Whole Grain Flatbread with Yogurt - Sesame Chicken Salad with Sesame Soy Dressing, Whole Grain Dinner Roll and Rev Foods Whole Grain Crackers - Whole Grain Honey Buttons Cereal with Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Coleslaw 	<p><u>Nov 4</u></p> <ul style="list-style-type: none"> - Jumbo Italian Meatball with Penne Pasta and Shredded Mozzarella Cheese - Cheese Tamale with Brown Rice and Seasoned Black Beans - Ham and Cheese Sub on a Whole Grain Roll with Mayonnaise Packet (20) - Field Trip Meal - Autumn Spice Muffin with Orange Juice - English Muffin with Cheese and Orange Juice - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Steamed Carrots
<p><u>Nov 7</u></p> <ul style="list-style-type: none"> - Chicken Bites with Whole Grain Dinner Roll and Ketchup Packet - NEW!! Spicy Chicken Chorizo & Cheese Eggel Sandwich with Syrup Packet - BBQ Chicken Wrap with BBQ Ranch Yogurt Dressing - Whole Grain Flurries Cereal with Fresh Fruit - Fresh Fruit - 2nd Piece - Ranch Dressing Packet - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Three Bean Salad - Grape Tomatoes 	<p><u>Nov 8</u></p> <ul style="list-style-type: none"> - Spaghetti and Meatballs - Cheese Lasagna with Whole Grain Pasta with Rev Foods Whole Grain Crackers - Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise Packet - Sesame Chicken Wrap with Sesame Vinaigrette - French Toast Muffin with Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Seasoned Corn 	<p><u>Nov 9</u></p> <ul style="list-style-type: none"> - UPDATED!! All Natural Flame-Broiled Beef Cheeseburger on a Whole Grain Bun with Ketchup Packet - Oven Roasted Chicken Sandwich with Mayonnaise Packet - Southwest Veggie Wrap with Yogurt Ranch Dressing - Chicken Caesar Salad with Caesar Dressing Packet, Whole Grain Dinner Roll and Rev Foods Whole Grain Crackers - Whole Grain Blueberry Bagel with Cream Cheese Packet and Orange Juice - Cinnamon Crumble with Orange Juice - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component opped Romaine Lettuce 	<p><u>Nov 10</u></p> <ul style="list-style-type: none"> - Chicken Teriyaki with Brown Rice - BBQ Chicken Quesadilla with Whole Grain Goldfish Pretzels - Ham and Cheese Sub on a Whole Grain Roll with Mayonnaise Packet - Cheese Sub on Whole Grain Bun with Yogurt, Mayonnaise Packet and Mustard Packet - Yogurt with Whole Grain Dick & Jane Crackers and Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Fresh Cucumber Slices - Fresh Fruit with 2nd 	<p><u>Nov 11</u></p> <p>No School</p>

<p>Nov 14</p> <ul style="list-style-type: none"> - Breakfast for Lunch: Pancakes with Cheese Omelet, Whole Grain Dick & Jane Crackers, Syrup Packet and Ketchup Packet - Chicken Taco Trio with Brown Rice - Sesame Chicken Salad with Sesame Soy Dressing, Whole Grain Dinner Roll and Rev Foods Whole Grain Crackers - Whole Grain Honey Buttons Cereal with Fresh Fruit - Whole Grain Blackberry Zac Omega Bar with Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Chilled, Seasoned Green Beans 	<p>Nov 15</p> <ul style="list-style-type: none"> - Sweet Garlic Chicken Noodles - Lone Star Oven Roasted Chicken Breast Sandwich with BBQ Sauce Packet and Rev Foods Whole Grain Crackers - Chicken Salad Sub on Whole Grain Bun - Plain Whole Wheat Bagel with Cream Cheese Packet and Fresh Fruit - Yogurt with Whole Grain Cinnamon Grahams and Fresh Fruit - Fresh Fruit - 2nd Piece - Ranch Dressing Packet (for vegetable of the day) - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Edamame - Chopped Romaine Lettuce 	<p>Nov 16</p> <ul style="list-style-type: none"> - All Natural Hot Dog on a Whole Grain Bun with Ketchup Packet - Cheese Pizza on Whole Grain Crust with Raisins - Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise Packet - BBQ Chicken Wrap with BBQ Ranch Yogurt Dressing - English Muffin with Turkey and Cheese and Orange Juice - Autumn Spice Muffin with Orange Juice - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Seasoned Blanched Broccoli Florets 	<p>Nov 17</p> <ul style="list-style-type: none"> - Savory and Juicy Oven Roasted Turkey with Stuffing, Candied Yams, Gravy and Whole Grain Dinner Roll - Chicken Enchiladas with Brown Rice - Ham and Cheese Sub on a Whole Grain Roll with Mayonnaise Packet - Cinnamon Crumble with Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Mashed Potatoes 	<p>Nov 18</p> <ul style="list-style-type: none"> - Baked Mac & Cheese and BBQ Chicken Lunch Combo with Whole Grain Dinner Roll - Cheese Tamale with Brown Rice and Seasoned Black Beans - Chicken Caesar Wrap with Caesar Dressing Packet - Banana Muffin with Orange Juice (15) - Whole Grain Dipperdoodle Bar with Orange Juice - Fresh Fruit - 2nd Piece - Hot Sauce Packet (for lunch meals) (80) - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit - Glazed Carrots
<p>Nov 21</p> <ul style="list-style-type: none"> - Chicken Bites with Whole Grain Dinner Roll and Ketchup Packet (40) - Pizza Panada Pie (30) - Honey Mustard Chicken Wrap with Whole Grain Goldfish Pretzels (10) - Whole Grain Apple Zac Omega Bar with Fresh Fruit (15) - Revolution Foods Cocoa Bops with Fresh Fruit - Fresh Fruit - 2nd Piece - Ranch Dressing Packet (for vegetable of the day) - Milk: 0%, half-pint - Milk: 1%, half-pint 	<p>Nov 22 No School</p>	<p>Nov 23 No School</p>	<p>Nov 24 No School</p>	<p>Nov 25 No School</p>
<p>Nov 28</p> <ul style="list-style-type: none"> - Baked Mac & Cheese and Chicken Sausage Lunch Combo with Whole Grain Cinnamon Rumbles - Crispy Chicken Sandwich with Ketchup Packet - BBQ Chicken Wrap with BBQ Ranch Yogurt Dressing - Whole Grain Flurries Cereal with Whole Grain Cinnamon Grahams, Raisins and Shelf Stable Milk 	<p>Nov 29</p> <ul style="list-style-type: none"> - BBQ Meatballs with Cheesy Rice and Whole Grain Dinner Roll - Chicken Potstickers with Soy Sauce Packet and Whole Grain Cinnamon Rumbles - Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise Packet - Whole Grain Dipperdoodle Bar with 	<p>Nov 30</p> <ul style="list-style-type: none"> - Meatless "Pepperoni" Calzoni with Whole Grain Salsa Fresca Rumbles - Jumbo Caribbean Meatball with Rice - Honey Mustard Chicken Wrap with Whole Grain Goldfish Pretzels - Plain Whole Wheat Bagel with Cream Cheese Packet and Orange Juice - Whole Grain Blueberry Muffin with Orange Juice 		

<ul style="list-style-type: none"> - Raisins - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Seasoned Corn 	<p>String Cheese and Fresh Fruit</p> <ul style="list-style-type: none"> - Cinnamon Crumble with Fresh Fruit - Fresh Fruit - 2nd Piece - Hot Sauce Packet (for lunch meals) - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Pinto Beans - Grape Tomatoes 	<ul style="list-style-type: none"> - Fresh Fruit - 2nd Piece - Ranch Dressing Packet (for vegetable of the day) - Hot Sauce Packet (for lunch meals) - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd - Seasoned Blanched Broccoli Florets 		
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