

# Elementary & K-8 Schools

## November Menu 2022

31	<p><b>BREAKFAST</b>            Maple Belgian Waffle            Pillsbury® Mini Cinnis            Strawberry Apple Crisps            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni            Pizza Slice            Meatball &amp; Marinara Sub            Cool Tropics® Tropical            Slushie            Baby Carrots w/ Ranch            Fresh Apple Slices            Assorted Low Fat Milk</p>	<p>1</p> <p><b>BREAKFAST</b>            Sausage Biscuit            Yogurt w/ Grahams            Buddy Fruit® Cinnamon            Applesauce            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Santa Fe Beef Burrito            Santa Fe Bean Black Burrito            Southern Style Chicken            Bites*            Baked Tostitos® Scoops            Seasoned Black Beans            RedGold Salsa Cup            Fresh Banana            Assorted Low Fat Milk</p>	<p>2</p> <p><b>BREAKFAST</b>            Egg and Cheese Croissant            Mini Donuts            Fresh Blueberries            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Mini Pizzaboli Bites            Teriyaki Chicken Potstickers            w/ Fried Rice and Fortune            Cookie            Peas &amp; Carrots            Zucchini Dippers w/ Ranch            Ocean Spray® Craisins            Assorted Low Fat Milk</p>	<p>3</p> <p><b>BREAKFAST</b>            Chicken Biscuit            Jimmy Dean® Pancake &amp;            Turkey Sausage Stick            Mixed Berry Fruit Cup            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni            Pizza Slice            Hot Italian Sub            Crisp Garden Side Salad w/            Ranch            Cheesy Spinach Bake            Strawberry Cup            Assorted Low Fat Milk</p>	<p>4</p> <p><b>BREAKFAST</b>            The Pancake Griddler            French Toast Sticks            Assorted Canned Fruit            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Original Cheeseburger            3 Bean Chili *            Cornbread Bowl*            Crispy Seasoned Tater Tots            Baby Carrots w/ Ranch            Fresh Red Grapes            Assorted Low Fat Milk</p>
7	<p><b>BREAKFAST</b>            Chocolate Chip Belgian Waffle            Pillsbury® Mini Cinnis            Strawberry Apple Crisps            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni            Pizza Slice            Cuban Pork Rice Bowl            Steamed Broccoli            Baby Carrots w/ Ranch            Fresh Apple Slices            Assorted Low Fat Milk</p>	<p>8</p> <p><b>BREAKFAST</b>            Sausage Biscuit            Yogurt w/ Grahams            Buddy Fruit® Cinnamon            Applesauce            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Chicken Tinga Tacos            Black Bean Tacos            All American Hot dog            Seasoned Black Beans            Southwestern Corn            Fresh Banana            Assorted Low Fat Milk</p>	<p>9</p> <p><b>BREAKFAST</b>            Uncrustables® Breakfast            Pocket            Mini Donuts            Fresh Blueberries            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Roasted Turkey &amp;            Mashed Potatoes w/ Gravy            Buttery Garlic Breadstick            Fresh Garlic Green Beans            Fresh Red Grapes            Fruited Jello with Whipped            Topping            Assorted Low Fat Milk  <u>Alternate Entrée:</u>            Original Cheeseburger</p>	<p>10</p> <p><b>BREAKFAST</b>            Chicken Biscuit            Jimmy Dean® Pancake &amp;            Turkey Sausage Stick            Sour Blue Raspberry Raisins            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni            Pizza Slice            Baked Fried Chicken            Drumstick*            Baked Tostitos® Scoops*            Cheesy Spinach Bake            Baby Carrots w/ Ranch            Peach Cup            Assorted Low Fat Milk</p>	<p>11</p> <p style="text-align: center;"><b>VETERANS DAY</b>  <b>NON-STUDENT DAY</b></p> <div style="text-align: center;">  </div>
14	<p><b>BREAKFAST</b>            Maple Belgian Waffle            Pillsbury® Mini Cinnis            Strawberry Apple Crisps            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni            Pizza Slice            Lentil Pasta w/ Meat Sauce*            Lentil Pasta w/Marinara*            Garlic &amp; Herb Breadsticks (2)            Seasoned Green Beans            Baby Carrots w/ Ranch            Fresh Apple Slices            Assorted Low Fat Milk</p>	<p>15</p> <p><b>BREAKFAST</b>            Sausage Biscuit            Yogurt w/ Grahams            Buddy Fruit® Cinnamon            Applesauce            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Southern Style Chicken            Bites*            Buffalo Chicken Bites*            Cheez its® Crackers*            Cuban Sandwich            Munchable            Seasoned Black Beans            Fresh Cucumber Slices            Florida Fresh Satsuma            Oranges            Assorted Low Fat Milk</p>	<p>16</p> <p><b>BREAKFAST</b>            Egg and Cheese Croissant            Mini Donuts            Fresh Blueberries            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Original Cheeseburger            Teriyaki Turkey Meatballs w/            Pineapple Bacon Fried Rice            and Fortune Cookie            Munchable            Cheesy Garlic &amp; Herb Broccoli            Crisp Garden Side Salad w/            Ranch            Ocean Spray® Craisins            Assorted Low Fat Milk</p>	<p>17</p> <p><b>BREAKFAST</b>            Chicken Biscuit            Jimmy Dean® Pancake &amp;            Turkey Sausage Stick            Mixed Berry Fruit Cup            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni            Pizza Slice            Macaroni &amp; Cheese            Sweet Potato Bake            Seasoned Peas &amp; Carrots            Strawberry Cup            Assorted Low Fat Milk</p>	<p>18</p> <p><b>BREAKFAST</b>            The Pancake Griddler            French Toast Sticks            Assorted Canned Fruit            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Crispy Chicken            Spicy Chicken Sandwich            Pizza Sticks w/Marinara            Sweet Kernel Corn            Baby Carrots w/ Ranch            Fresh Red Grapes            Assorted Low Fat Milk</p>



# Happy Thanksgiving

<p>28</p> <p><b>BREAKFAST</b>            Chocolate Chip Belgian Waffle            Pillsbury® Mini Cinnis            Strawberry Apple Crisps            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni            Pizza Slice            Tuscan Rotini w/ Meatballs            Seasoned Green Beans            Cool Tropics® Berry Blue            Slushie            Peach Cup            Assorted Low Fat Milk</p>	<p>29</p> <p><b>BREAKFAST</b>            Sausage Biscuit            Yogurt w/ Grahams            Buddy Fruit® Cinnamon            Applesauce            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Popcorn Chicken Bowl* or            BBQ Pulled Pork Bowl*            w/Mashed Potatoes            Cheez its® Crackers*            Sweet Kernel Corn            Baby Carrots w/Ranch            Ocean Spray® Craisins            Assorted Low Fat Milk</p>	<p>30</p> <p><b>BREAKFAST</b>            Uncrustables® Breakfast            Pocket            Mini Donuts            Fresh Blueberries            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Sweet &amp; Sour Chicken            w/ Yellow Rice and Fortune            Cookie            All American Hotdog            Munchable            BBQ Baked Beans            Crisp Garden Salad w/ Ranch            Fresh Apple Slices            Assorted Low Fat Milk</p>		
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**Breakfast: Cereal can be served daily for breakfast along with the other menu choices.**

**A Munchable/Power Pack of Choice must be offered every day** - PBJ w/Crackers Munchable (FH-102), Yogurt Munchable (FH-104), Smoothie Munchable (FH-104a), Cereal w/ Graham Munchable (FH-118), Sliced Loaf Munchable (DH-175), Mini Loaf Munchable (FH-119a), Boiled Egg Munchable (FH-140b), PB Cup Munchable (FH-119a), Hummus Power Pack (PP-05), Cheese Pizza Power Pack (SM-7), NO-Nut Butter Cup Munchable (FH-119c), Tuna Salad Power Pack (PP-33), Chicken Salad Power Pack (PP-75), or Egg Salad Power Pack (PP-52).

Updated 10/11/22