



November 2023

Wednesday, November 1, 2023 Thursday, November 2, 2023 Friday, November 3, 2023

No School

Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef
Breakfast	Muffin	Wheat, Soy, Egg, Milk	Breakfast	Sunbutter & Jelly Sandwich	Wheat, Soy
Lunch	Cheese Enchiladas	Milk, Soy, Tomato	Lunch	Cheese Pizza	Wheat, Soy, Milk, Tomato
Lunch	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	Wheat, Soy, Egg, Milk, Chicken, Sesame	Lunch	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
Lunch	Vegan Chickpea Tikka Masala	Tomato, Soy	Lunch	Vegan Pinto Pozole W/T. Chips	Tomato, Soy

Monday, November 6, 2023 Tuesday, November 7, 2023 Wednesday, November 8, 2023 Thursday, November 9, 2023 Friday, November 10, 2023

No School

Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	
Breakfast	Hard Boiled Egg W/ Muffin	Milk, Soy, Wheat, Egg	Breakfast	Muffin	Wheat, Soy, Egg, Milk	Breakfast	Bagel W/ Cream Cheese	Wheat, Soy, Milk	
Lunch	Hamburger	Beef, Wheat, Soy	Lunch	Bean And Cheese Burrito	Milk, Wheat, Soy	Lunch	Pesto Caprece Salad	Wheat, Milk, Tomato	
Lunch	Pasta W/ Olive Oil & Cheese	Wheat, Milk	Lunch	Chicken Parmesan On A French Roll	Wheat, Soy, Milk, Tomato, Chicken	Lunch	Vegan Bean Burrito Bowl	Tomato, Soy	
Lunch	Vegan Spanish Beans W/ Rice	Tomato, Soy	Lunch	Vegan Fried Rice	Soy, Sesame	Lunch	Veggie Chow Mein	Wheat, Soy, Egg, Sesame	
Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	
Breakfast	Yogurt W/ Grahams	Wheat, Soy, Milk	Breakfast	Bagel W/ Cream Cheese	Wheat, Soy, Milk	Breakfast	Apple Cinnamon Frudel	Wheat, Soy, Egg, Milk	
Lunch	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame	Lunch	Pesto Caprece Salad	Wheat, Milk, Tomato	Lunch	Cheese Ravioli W/ Marinara Sauce	Egg, Milk, Wheat, Tomato	
Lunch	Penne Pasta W/ Marinara & Mozzarella	Wheat, Milk, Tomato	Lunch	Vegan Spanish Beans W/ Rice	Tomato, Soy	Lunch	Chicken Nuggets W/ Rice Pilaf	Chicken, Soy, Wheat, Milk, Egg	
Lunch	Vegan 3 Bean Chili W/ T.Chips	Tomato, Soy	Lunch	Veggie Fried Rice	Egg, Wheat, Soy	Lunch	Vegan Fried Rice	Soy, Sesame	

Monday, November 13, 2023 Tuesday, November 14, 2023 Wednesday, November 15, 2023 Thursday, November 16, 2023 Friday, November 17, 2023

Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef
Breakfast	Hard Boiled Egg W/ Muffin	Milk, Soy, Wheat, Egg	Breakfast	Muffin	Wheat, Soy, Egg, Milk	Breakfast	Bagel W/ Cream Cheese	Wheat, Soy, Milk	Breakfast	Apple Cinnamon Frudel	Wheat, Soy, Egg, Milk
Lunch	Broccoli Cheddar Potato Bowl W/ Roll	Wheat, Milk, Soy, Egg	Lunch	Beef Hot Dog	Wheat, Beef, Soy	Lunch	Pasta Primavera	Wheat, Milk, Soy	Lunch	Cheese Ravioli W/ Marinara Sauce	Egg, Milk, Wheat, Tomato
Lunch	Greek Chicken W/ Rice Pilaf	Chicken	Lunch	Vegan Pinto Pozole W/T. Chips	Tomato, Soy	Lunch	Vegan Spanish Beans W/ Rice	Tomato, Soy	Lunch	Chicken Nuggets W/ Rice Pilaf	Chicken, Soy, Wheat, Milk, Egg
Lunch	Vegan Chickpea Tikka Masala	Tomato, Soy	Lunch	Veggie Fried Rice	Egg, Wheat, Soy	Lunch	Wet Beef Burrito	Wheat, Soy, Milk, Beef	Lunch	Vegan Fried Rice	Soy, Sesame

Monday, November 20, 2023 Tuesday, November 21, 2023 Wednesday, November 22, 2023 Thursday, November 23, 2023 Friday, November 24, 2023

No School

Monday, November 27, 2023 Tuesday, November 28, 2023 Wednesday, November 29, 2023 Thursday, November 30, 2023

Breakfast	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Breakfast	Hard Boiled Egg W/ Muffin	Milk, Soy, Wheat, Egg	Breakfast	Breakfast Scones	Wheat, Soy, Egg, Milk	Breakfast	Concha	Wheat, Milk, Egg, Soy	Breakfast	Breakfast Muffin	Wheat, Soy, Egg, Milk
Lunch	Beef And Broccoli Bowl	Wheat, Soy, Beef, Sesame	Lunch	Bagel Kit	Wheat, Milk	Lunch	Chicken Enchiladas	Soy, Milk, Chicken, Tomato	Lunch	Cheese Enchiladas	Milk, Soy, Tomato
Lunch	Pasta X Plosion!	Wheat, Milk, Tomato	Lunch	Beef Hot Dog	Wheat, Beef, Soy	Lunch	Chicken Salad On A Hoagie	Chicken, Egg, Milk, Wheat	Lunch	Myo Vegan Tacos	Soy
Lunch	Vegan Fried Rice	Soy, Sesame	Lunch	Vegan Bean Burrito Bowl	Tomato, Soy	Lunch	Vegan 3 Bean Chili W/ T.Chips	Tomato, Soy	Lunch	Sesame Orange Chicken W/ Rice	Wheat, Soy, Chicken, Sesame

- Drinks
- Nonfat Milk, 1% Milk

- ALL MEALS COME WITH A CHOICE OF FRESH FRUIT, FRESH VEGETABLE AND A DRINK.

- PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS

- VEGETARIAN
- VEGAN

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