



November Menu BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Apple Hand Pie	Egg & Cheese Burrito with Green Salsa	Mini Strawberry Pancakes	Sausage & Cheese English Muffin Breakfast Sammie	Waffle
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Blueberry Muffin
Cinnamon Chex Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
French Toast Sticks	Mini Maple Pancakes	Egg & Cheese Burrito with Green Salsa	Sausage & Cheese Stuffed Waffle	Mini Strawberry Pancakes
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Waffle	Sausage & Cheese Croissant	French Toast Sticks	Oatmeal with Blueberries	Mini Maple Pancakes
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Apple Hand Pie	Egg & Cheese Burrito with Green Salsa	Mini Strawberry Pancakes	Sausage & Cheese English Muffin Breakfast Sammie	Waffle
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple

Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

*All Grains Are Wholegrain Rich
Menu is Subject to Change*



November Menu

BREAKFAST HOT DELIVERY



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
	Egg & Cheese Burrito with Green Salsa		Mini Strawberry Pancakes	
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Blueberry Muffin
Cinnamon Chex Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
	French Toast Sticks		Sausage & Cheese Stuffed Waffle	
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
	Waffle		Oatmeal with Blueberries	
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
	Egg & Cheese Burrito with Green Salsa		Mini Strawberry Pancakes	
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple

Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change



FRESH MADE MEALS

November Menu

BREAKFAST GRAB 'N GO



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Yogurt & Honey Grahams	Mantecada Muffin
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Cinnamon Swirl	Yogurt & Honey Grahams	Strawberry Banana Smoothie with Granola	Bagel & Cream Cheese	Blueberry Muffin
Cinnamon Chex Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Cinnamon Crumble	Bagel & Seedbutter	Croissant with Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Yogurt & Honey Grahams	Mantecada Muffin
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple

Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change



November Menu

LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Bean & Cheese Burrito with Corn Tajin	Cheesy Mozz Bites with Marinara	Chicken Dumplings with Mixed Veg	BBQ Chicken with Baked Beans & Bread Roll	Cheese Pizza
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Mac & Cheese with Mixed Veg	Bean & Cheese Pupusa with Pinto Beans	Turkey-Beef Pepperoni Pizza
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Seedbutter, Crackers, String Cheese, & Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Egg Salad Sandwich with Fava Bean Crisps	Bean & Cheese Burrito
Wow Butter & Jelly Sandwich with Corn Tajin	Italian Turkey Trio Sub with Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Chicken Caesar Salad & Bread Roll
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Cheeseburger & Fries	Beef Marinara Pasta	Cheesy Mozz Bites with Marinara	Cheese Tamale with Black Beans	Cheese Pizza
Bean Burrito Bowl with Corn	Bean & Cheese Burrito with Baby Carrots	Grilled Cheese Sandwich with Baby Carrots	Turkey Nachos with Refried Beans & Tortilla Chips	Turkey-Beef Pepperoni Pizza
Beef & Cheese Taco Stick with Corn Tajin	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Firecracker Chicken Dumplings with Peas	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Holiday Turkey w/ Gravy & Mashed Potatoes with Bread Roll
Turkey & Cheese Sub with Corn Tajin	Build your Own Cheese Pizza Kit	Asian Chicken Salad with Crispy Noodles	Southwest Chicken Salad & Bread Roll	Turkey & Cheese Sub
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Chicken Bites & Mashed Potatoes	Cheese Lasagna	Chicken Teriyaki with Rice & Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps	Cheese Pizza
Veggie Burger & Potato Wedges	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Pupusa with Curtido	Chicken Tamale with Pinto Beans	Turkey-Beef Pepperoni Pizza
Build Your Own Seed Butter & Jelly Sammie with Corn Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Alfredo Pasta with Peas	Turkey & Cheese Sub with Fava Bean Crisps	Crispy Chicken Sandwich
Turkey & Cheese on Pretzel Bun with Corn Tajin	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Bread Roll	Wow Butter & Jelly Sandwich
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Bean & Cheese Burrito with Corn Tajin	Cheesy Mozz Bites with Marinara	Chicken Dumplings with Mixed Veg	BBQ Chicken with Baked Beans & Bread Roll	Cheese Pizza
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Mac & Cheese with Mixed Veg	Bean & Cheese Pupusa with Pinto Beans	Turkey-Beef Pepperoni Pizza
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Seedbutter, Crackers, String Cheese, & Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Egg Salad Sandwich with Fava Bean Crisps	Bean & Cheese Burrito
Wow Butter & Jelly Sandwich with Corn Tajin	Italian Turkey Trio Sub with Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Chicken Caesar Salad & Bread Roll
Extra 1/4 c Veg: Baby Carrots	Extra 1/4 c. Veg: Celery Sticks	Extra 1/4 c. Veg: Cucumber & Tajin	Extra 1/4 c. Veg: Jicama	Veg: Side Salad w/ Dressing
Fruit: 100% Fruit Juice	Fruit: Mandarin	Fruit: Banana 11/4, 11/11, 11/25 Mixed Berry Cup 11/18	Fruit: Orange	Fruit: Apple

Lunch Includes:
Choice of 1% or Fat Free Milk,
Fruit & Vegetable of the Day

Vegetarian Meals in Green
All Grains Are Wholegrain Rich
Menu is Subject to Change



November Menu

BUFFET LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Orange Chicken with Rice & Peas	Cheesy Mozz Bites with Marinara	Beef Sesame Rice Bowl with Broccoli	Cheese Tamale with Black Beans	Cheese Pizza
Turkey & Cheese Sub with Corn Tajin	Italian Turkey Trio Sub with Baby Carrots	Mac & Cheese with Mixed Veg	Turkey & Cheese Sub with Fava Bean Crisps	Turkey-Beef Pepperoni Pizza
		Build Your Own Seed Butter & Jelly Sammie with Baby Carrots		Chicken Caesar Salad & Bread Roll
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Cheeseburger & Fries	Beef Marinara Pasta	Cheesy Mozz Bites with Marinara	Turkey Nachos with Refried Beans & Tortilla Chips	Cheese Pizza
Turkey & Cheese Sub with Corn Tajin	Build Your Own Cheese Pizza Kit	Asian Chicken Salad with Crispy Noodles	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Turkey-Beef Pepperoni Pizza
			Southwest Chicken Salad & Bread Roll	Holiday Turkey w/ Gravy & Mashed Potatoes with Bread Roll
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Chicken Bites with Mashed Potatoes	Mac & Cheese with Diced Carrots	Bean & Cheese Pupusa with Curtido	Chicken Tamale with Pinto Beans	Cheese Pizza
Turkey & Cheese Sub with Corn Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Teriyaki with Rice and Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps	Turkey-Beef Pepperoni Pizza
			Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Bread Roll	Crispy Chicken Sandwich
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Orange Chicken with Rice & Peas	Cheesy Mozz Bites with Marinara	Beef Sesame Rice Bowl with Broccoli	Cheese Tamale with Black Beans	Cheese Pizza
Turkey & Cheese Sub with Corn Tajin	Italian Turkey Trio Sub with Baby Carrots	Mac & Cheese with Mixed Veg	Turkey & Cheese Sub with Fava Bean Crisps	Turkey-Beef Pepperoni Pizza
		Build Your Own Seed Butter & Jelly Sammie with Baby Carrots		Chicken Caesar Salad & Bread Roll
Extra 1/4 c Veg: Baby Carrots	Extra 1/4 c. Veg: Celery Sticks	Extra 1/4 c. Veg: Cucumber & Tajin	Extra 1/4 c. Veg: Jicama	Veg: Side Salad w/ Dressing
Fruit: 100% Fruit Juice	Fruit: Mandarin	Fruit: Banana 11/4, 11/11, 11/25 Cup 11/18 Mixed Berry	Fruit: Orange	Fruit: Apple

Lunch Includes:
Choice of 1% or Fat Free Milk,
Fruit & Vegetable of the Day

Vegetarian Meals in Green
All Grains Are Wholegrain Rich
Menu is Subject to Change



November Menu

SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Mozzarella String Cheese	Ranch Crackers	Honey Graham Crackers	Goldfish Pretzels	Vanilla Crackers
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Balance Foods BBQ Poptillas	Giant Cinnamon Grahams	Balance Foods Nacho Poptillas	Wheat Crackers	Goldfish Cheddar Crackers
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Honey Graham Crackers	Balance Foods Churro Poptillas	Pizza Crackers	Balance Food Cheese Puffs	Sunflower Seeds
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Mozzarella String Cheese	Ranch Crackers	Honey Graham Crackers	Goldfish Pretzels	Vanilla Crackers
Fruit: Apple	Fruit: 100% Fruit Juice	Fruit: Pear	Fruit: Apple	Fruit: Orange

Snack Includes:
Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change



November Menu

SUPPER



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Beef & Cheese Burrito with Baby Carrots	Chicken Teriyaki with Rice & Diced Carrots	Bean & Cheese Pupusa with Baby Carrots	Cheeseburger & Fries	Cheesy Mozz Bites with Marinara
Grab 'N Go Yogurt, String Cheese, Granola & Baby Carrots with Fruit	Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit	Grab 'N Go Turkey & Cheese Pretzel Sandwich with Baby Carrots & Fruit	Grab 'N Go Vegetarian Chef Salad with Apple	Grab 'N Go Mantecada Muffin, Yogurt & String Cheese with Baby Carrots & Juice
Grab 'N Go Chicken Pasta Salad with Baby Carrots & Apple	Grab 'N Go Italian Turkey Trio Hoagie with Baby Carrots & Apple	Grab 'N Go Blueberry Muffin, Sunflower Seeds & String Cheese with Baby Carrots & Pear	Grab 'N Go Cheese Pizza Kit with Apple	Grab 'N Go Asian Chicken Salad
Fruit: Apple	Fruit: Orange	Fruit: Banana	Fruit: 100% Fruit Juice	Fruit: Pear
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Mac & Cheese with Diced Carrots	Bean & Cheese Burrito with Baby Carrots	Cheese Pizza with Baby Carrots	Chicken Dumplings with Edamame & Peas	Chicken Bites with Mashed Potatoes
Grab 'N Go Wowbutter & Jelly Sandwich with Juice & Fruit	Grab 'N Go Vegetarian Chef Salad with Apple	Grab 'N Go Chicken Caesar Salad with Apple	Grab 'N Go Chicken Salad & Cheese Crackers with Baby Carrots & Applesauce	Grab 'N Go Sunflower Seeds & String Cheese with Baby Carrots & Juice
Grab 'N Go Cheese Pizza Kit with Apple	Grab 'N Go Chicken Salad Sandwich with Baby Carrots & Fruit	Grab 'N Go Sunflower Seeds & String Cheese with Baby Carrots & Juice	Grab 'N Go Blueberry Muffin, Sunflower Seeds & String Cheese with Baby Carrots & Pear	Grab 'N Go Turkey & Cheese Sandwich with Baby Carrots & Pear
Fruit: Apple	Fruit: Orange	Fruit: Banana	Fruit: 100% Fruit Juice	Fruit: Pear
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Grilled Cheese Sandwich with Baby Carrots	Crispy Chicken Sandwich & Fries	Chicken Tamale with Pinto Beans	Pepperoni Pizza with Baby Carrots	Pineapple Chicken Teriyaki with Rice & Diced Carrots
Grab 'N Go Turkey & Cheese Sandwich with Baby Carrots & Pear	Grab 'N Go Egg Salad Sandwich with Baby Carrots & Fruit	Grab 'N Go Cheese Pizza Kit with Apple	Grab 'N Go Chicken Caprese Salad with Pear	Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit
Grab 'N Go Mantecada Muffin, Yogurt & String Cheese with Baby Carrots & Juice	Grab 'N Go Cold Chicken Teriyaki Pasta with Cabbage, Carrot & Apple	Grab 'N Go Chicken Salad, Cheese, & Crackers with Baby Carrots & Applesauce	Grab 'N Go Yogurt, String Cheese, Granola & Baby Carrots with Fruit	Grab 'N Go Turkey & Cheese Pretzel Sandwich with Baby Carrots & Fruit
Fruit: Apple	Fruit: Orange	Fruit: Banana	Fruit: 100% Fruit Juice	Fruit: Pear
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Beef & Cheese Burrito with Baby Carrots	Chicken Teriyaki with Rice & Diced Carrots	Bean & Cheese Pupusa with Baby Carrots	Cheeseburger & Fries	Cheesy Mozz Bites with Marinara
Grab 'N Go Yogurt, String Cheese, Granola & Baby Carrots with Fruit	Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit	Grab 'N Go Turkey & Cheese Pretzel Sandwich with Baby Carrots & Fruit	Grab 'N Go Vegetarian Chef Salad with Apple	Grab 'N Go Mantecada Muffin, Yogurt & String Cheese with Baby Carrots & Juice
Grab 'N Go Chicken Pasta Salad with Baby Carrots & Apple	Grab 'N Go Italian Turkey Trio Hoagie with Baby Carrots & Apple	Grab 'N Go Blueberry Muffin, Sunflower Seeds & String Cheese with Baby Carrots & Pear	Grab 'N Go Cheese Pizza Kit with Apple	Grab 'N Go Asian Chicken Salad
Fruit: Apple	Fruit: Orange	Fruit: Banana	Fruit: 100% Fruit Juice	Fruit: Pear

Supper Includes:

Unflavored 1% Milk (Elementary)

Choice of Fat Free Chocolate or Unflavored 1% Milk (Upper Grades)

1/2c Fruit and 1/2c Vegetable

All Grains Are Wholegrain Rich
Menu is Subject to Change

*See Next Page for Crediting

SUPPER CREDITING

Meal Name	Meat	Grain	Fruit	Veg	Milk
Cheesy Mozz Bites with Marinara	2	2	0	0.5	0
Bean & Cheese Burrito with Baby Carrots	2.5	2	0	0.5	0
Beef & Cheese Burrito with Baby Carrots	2	2	0	0.5	0
Chicken Bites with Mashed Potatoes	2	1	0	0.5	0
Pineapple Chicken Teriyaki with Rice & Diced Carrots	2.25	1	0	0.5	0
Chicken Teriyaki with Rice & Diced Carrots	2	1	0	0.5	0
Chicken Dumplings with Edamame & Peas	2	1.25	0	0.5	0
Grab 'N Go Chicken Salad, Cheese, & Crackers with Baby Carrots & Applesauce	2.5	1	0.5	0.5	0
Grab 'N Go Blueberry Muffin, Sunflower Seeds & String Cheese with Baby Carrots & Pear	2	2	0.5	0.5	0
Grab 'N Go Mantecada Muffin, Yogurt & String Cheese with Baby Carrots & Juice	2	2	0.5	0.5	0
Grab 'N Go Cheese Pizza Kit with Apple	2	2	0.5	0.5	0
Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit	2	2	0.5	0.5	0
Grab 'N Go Sunflower Seeds & String Cheese with Baby Carrots & Juice	2	1	0.5	0.5	0
Grab 'N Go Yogurt, String Cheese, Granola & Baby Carrots with Fruit	2	1	0.5	0.5	0
Grab 'N Go Cold Chicken Teriyaki Pasta with Cabbage, Carrot & Apple	2.25	1.25	0.5	0.5	0
Grab 'N Go Chicken Pasta Salad with Baby Carrots & Apple	2.25	1	0.5	0.625	0
Grab 'N Go Asian Chicken Salad	2.25	1	0.25	0.75	0
Grab 'N Go Chicken Caesar Salad with Apple	2	1.5	0.5	0.5	0
Grab 'N Go Chicken Caprese Salad with Pear	2.25	2	0.5	0.625	0
Grab 'N Go Vegetarian Chef Salad with Apple	2	1	0.5	0.625	0
Grab 'N Go Chicken Salad Sandwich with Baby Carrots & Fruit	2	2	0.5	0.5	0
Grab 'N Go Egg Salad Sandwich with Baby Carrots & Fruit	2	2	0.5	0.5	0
Grab 'N Go Italian Turkey Trio Hoagie with Baby Carrots & Apple	2	2	0.5	0.5	0
Grab 'N Go Turkey & Cheese Pretzel Sandwich with Baby Carrots & Fruit	2	2	0.5	0.5	0
Grab 'N Go Turkey & Cheese Sandwich with Baby Carrots & Pear	2	2	0.5	0.5	0
Grab 'N Go Wowbutter & Jelly Sandwich with Juice & Fruit	2	2	0.5	0.5	0
Mac & Cheese with Diced Carrots	2	1	0	0.5	0
Cheese Pizza with Baby Carrots	2	2	0	0.625	0
Pepperoni Pizza with Baby Carrots	2	2	0	0.625	0
Bean & Cheese Pupusa with Baby Carrots	2	2	0	0.5	0
Cheeseburger & Fries	2.5	2	0	0.5	0
Crispy Chicken Sandwich & Fries	2	3	0	0.5	0
Grilled Cheese Sandwich with Baby Carrots	2	2	0	0.5	0
Chicken Tamale with Pinto Beans	2	2	0	0.5	0
Apple	0	0	0.5	0	0
Banana	0	0	0.5	0	0
Orange	0	0	0.5	0	0
100% Fruit Juice	0	0	0.5	0	0
Pear	0	0	0.5	0	0
1% Milk	0	0	0	0	1
Chocolate Milk	0	0	0	0	1



FRESH MADE MEALS

November Menu

ALLERGEN FRIENDLY



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY BREAKFAST MENU				
Cinnamon Chex Cereal Strawberry Rockinola Granola	Cheerios Cereal Chocolate Rockinola Granola	Cinnamon Chex Cereal Strawberry Rockinola Granola	Cheerios Cereal Chocolate Rockinola Granola	Corn Chex Cereal Chocolate Rockinola Granola
WEEKLY LUNCH MENU				
Turkey Marinara Bowl w/ Green Peas	Chicken Fajitas Bowl w/ Green Beans	California Turkey & Vegetable Bowl	Beef & Veggie Bowl w/ Zucchini	Turkey & Rice Burrito Bowl w/ Refried Beans & Corn
WEEKLY SNACK MENU				
Rockinola Chocolate Granola, Fruit*	Corn Tortilla Chips, Fruit*	Rockinola Cinnamon Granola, Fruit*	Rockinola Strawberry Granola, Fruit*	Corn Tortilla Chips, Fruit*
WEEKLY SUPPER MENU				
Chicken Fajitas Bowl w/ Green Beans	Turkey Marinara Bowl w/ Green Peas	Turkey & Rice Burrito Bowl w/ Refried Beans & Corn	California Turkey & Vegetable Bowl	Beef & Veggie Bowl w/ Zucchini

HANDLING INSTRUCTIONS

Keep food frozen/refrigerated until ready to cook and serve. Tear open the side of the film, place the tray in the microwave and microwave on high for 3-5 minutes. Ensure the internal temperature reaches 165°F. Allow the food to rest for 1 minute. For conventional oven, set the oven temperature at 300°F, heat the meal for 50-60 minutes from frozen or until thermometer reaches 165°F. School partners should maintain appropriate allergen-control practices during storage, heating, handling, and service after meals are received.

ALLERGEN MANAGEMENT PLAN

The Allergy-Friendly Meal program offers limited variations of meals that are free of the top nine allergens as defined by the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) and the Food Allergy Safety, Treatment, Education, and Research Act (FASTER Act) of 2021. These allergens include milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. In addition, our Allergy-Friendly Meals are gluten-free as defined by the FDA (Federal Register :: Food Labeling; Gluten-Free Labeling of Foods). Revolution Foods is not a certified gluten-free facility. Revolution Foods maintains an allergen management program designed to minimize the risk of allergen cross-contact during production of Allergy-Friendly Meals. Please refer to our Allergy-Friendly Meals Policy for more information.

Milk Alternatives are available through the A La Carte Menus. (Additional fees may apply.)