

# NOVEMBERBREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • HOT buttermilk pancakes (vg)	2 • plain bagel & cream cheese
5 • dipper doodle bar & fruit (df)	6 • NO SCHOOL Parents & Teacher Conference	7 • blueberry burst muffin	8 • cinnamon raisin bagel (vg)	9 • mini french toast muffin & string cheese
12 • NO SCHOOL • Veterans Day	13 • cinnamon vanilla crisp Cereal (vg)(df)	14 • HOT strawberry pancake bowl	15 • HOT french toast, maple turkey sausage, and egg combo	16 • yogurt & educational snacks
19 • Cheerios & Zack attack Apple Bar	20 • plain bagel & cream cheese	21 • NO SCHOOL	22 HAPPY THANKSGIVING! 	23 No School
26 • cheerios & educational snacks	27 • HOT buttermilk pancakes (vg)	28 • Southwest Chicken chorizo & cheese bagel	29 • autumn spice muffin	30 • zac omega fruit filled strawberry bar (df)

## DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

# NOVEMBERBREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • HOT buttermilk pancakes	2 • plain bagel & cream cheese
5 • multigrain cheerios & fruit (df)	6 NO SCHOOL Parents & Teacher Conference	7 • blueberry burst Bagels with cream cheese	8 • Whole Grain Cheerios & Fruit	9 • mini french toast muffin & string cheese
12 NO SCHOOL Veterans Day	13 • Yogurt & Cinnamon Grahams	14 • HOT strawberry pancake bowl	15 HOT french toast sticks	16 • yogurt & educational snacks
19 • Cheerios & fruit	20 • plain bagel & cream cheese	21 NO SCHOOL	22 HAPPY THANKSGIVING! 	23 No School
26 • corn chex & fruit	27 • HOT buttermilk pancakes	28 • Yogurt & Honey Grahams	29 • autumn spice muffin	30 • multigrain cheerios & fruit (df)

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**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

# NOVEMBER LUNCH

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
<ul style="list-style-type: none"> <li>• Chicken Bites</li> <li>○ seasoned green beans (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>• NO SCHOOL</li> <li>Parents &amp; Teacher Conference</li> </ul>	<ul style="list-style-type: none"> <li>• beef cheeseburger</li> <li>○ lettuce and tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• steak fajita bowl</li> <li>○ lettuce and tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• sweet potatoes</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>• NO SCHOOL</li> <li>• Veterans Day</li> </ul>	<ul style="list-style-type: none"> <li>• Chili Citrus Drumstick with seasoned Brown Rice</li> <li>○ edamame beans (chilled)</li> <li>○ baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• holiday roast turkey lunch (df)</li> <li>• seasoned green beans (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>• Mac &amp; Cheese w/ BBQ Chicken</li> <li>○ warm pinto beans</li> <li>○ grape tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>○ green peas</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>• beef burger (df)</li> <li>○ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• bbq meatballs &amp; cheesy rice</li> <li>○ baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• NO SCHOOL</li> </ul>	<p>HAPPY THANKSGIVING!</p> 	<p>No School</p>
26	27	28	29	30
<ul style="list-style-type: none"> <li>• Mighty meaty deli combo turkey sandwich</li> <li>○ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• turkey &amp; cheddar sandwich</li> <li>○ seasoned green beans (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>• chicken bites</li> <li>○ baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• the revolution dog (df)</li> <li>○ lettuce and tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>○ sweet potatoes</li> </ul>

## DID YOU KNOW?

Nearly 95% of Americans eat turkey on Thanksgiving. Turkey has more protein, ounce per ounce, than chicken or beef!



**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

○ **Vegetable** of the day

# NOVEMBER LUNCH

ECE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
<ul style="list-style-type: none"> <li>• mac &amp; cheese and bbq chicken</li> <li>• seasoned green beans (chilled)</li> </ul>	<p>NO SCHOOL</p> <p>Parents &amp; Teacher Conference</p>	<ul style="list-style-type: none"> <li>• beef cheeseburger</li> <li>• lettuce and tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• chicken bites</li> <li>• warm pinto beans</li> <li>• grape tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese pizza (vg)</li> <li>• lettuce and tomatoes with ranch</li> <li>• green peas</li> </ul>
12	13	14	15	16
<p>NO SCHOOL</p> <p>Veterans Day</p>	<ul style="list-style-type: none"> <li>• Meatless Italian Calzoni</li> <li>• warm pinto beans</li> <li>• diced carrots</li> </ul>	<ul style="list-style-type: none"> <li>• holiday roast turkey lunch (df)</li> <li>• seasoned green beans (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>• beef cheeseburger</li> <li>• lettuce and tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• sweet potatoes</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>• beef burger (df)</li> <li>• steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• chicken taco trio</li> <li>• steamed carrots</li> </ul>	<p>NO SCHOOL</p>	<p>HAPPY THANKSGIVING!</p> 	<p>No School</p>
26	27	28	29	30
<ul style="list-style-type: none"> <li>• Mighty meaty deli combo turkey sandwich</li> <li>• steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• turkey &amp; cheddar sandwich</li> <li>• seasoned green beans (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>• chicken bites</li> <li>• warm pinto beans</li> <li>• diced carrots</li> </ul>	<ul style="list-style-type: none"> <li>• beef burger (df)</li> <li>• lettuce and tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese pizza (vg)</li> <li>• sweet potatoes</li> </ul>

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- **Vegetable** of the day

NOVEMBER SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • educational snacks & fruit	2 • hot & spicy goldfish cheese crackers & fruit
5 • honey grahams & fruit	6 • NO SCHOOL • Parents & Teacher conference	7 • Yogurt & fruit	8 • educational snacks & fruit	9 • Honey Wheat Cracker & Fruit
12 • NO SCHOOL • Veterans Day	13 • educational snack & fruit	14 • pretzel goldfish & Fruit	15 • cinnamon rumbles six grain crackers & Fruit	16 • honey wheat crackers & Fruit
19 • educational snacks & Fruit	20 • cinnamon grahams & Fruit	21 NO SCHOOL	22 HAPPY THANKSGIVING! 	23 No School
26 • cheddar goldfish & Fruit	27 • honey wheat crackers & Fruit	28 • pretzel goldfish & Fruit	29 • educational snacks & Fruit	30 • hot & spicy goldfish cheese crackers & fruit

NSLP K-12  
DID YOU  
KNOW?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:

- Designed with Kids
- Created by Chefs
- Nutritionally Balanced
- Made with High-Quality Ingredients

Learn more about us on our \*new\* website at [revolutionfoods.com](http://revolutionfoods.com)

**Snack:** fresh fruit available daily except when Sunbutter, string cheese or juice is served.

NOVEMBER SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • educational snacks & Fruit	2 • hot & spicy goldfish cheese crackers & Fruit
5 • honey grahams & Fruit	6 • NO SCHOOL • Parents & Teacher Conference	7 • yogurt & Fruit	8 • educational snacks & Fruit	9 • honey wheat crackers & Fruit
12 • NO SCHOOL • Veterans Day	13 • educational snacks & Fruit	14 • pretzel goldfish & Fruit	15 • cinnamon rumbles six grain crackers & Fruit	16 • honey wheat crackers & Fruit
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26 • cheddar goldfish & Fruit	27 • honey wheat crackers & Fruit	28 • pretzel goldfishes & Fruit	29 • educational snacks & Fruit	30 • hot & spicy goldfish cheese crackers & fruit

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