





November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Start your Day with a Healthy Breakfast</p> 				1 Strawberry Mini Bagel Cereal, Variety 2 oz
4 Sausage Pancake Sandwich Cereal, Variety 2 oz	5 Cinnamon Roll Cereal, Variety 2 oz	6 Chocolate Chip Muffin Cereal, Variety 2 oz	7 Fresh Baked Breakfast Bread Cereal, Variety 2 oz	8
<p>11 Thank You</p> <p>16 million American men and women served their country during World War II. 600,000 died defending freedom. Today, fewer than 4 million World War II vets are still alive. Do you know anyone through whom you served? Talk to them now about their experience. And don't forget to say "Thank you" to all veterans.</p> <p>★ VETERANS' DAY ★ NOVEMBER 11</p> 	12 Breakfast Monte Cristo Sandwich Cereal, Variety 2 oz	13 Concha Cereal, Variety 2 oz	14 Cinnamon Roll Cereal, Variety 2 oz	15 Strawberry Mini Bagel Cereal, Variety 2 oz
18 Ham and Swiss Croissant Sandwich Cereal, Variety 2 oz	19 Yogurt Parfait Cereal, Variety 2 oz	20 Chocolate Chip Muffin Cereal, Variety 2 oz	21 Fresh Baked Breakfast Bread Cereal, Variety 2 oz	22 Mini Froot Loop Waffles Cereal, Variety 2 oz
25	26	27	28 	29



EVER DAY We also offer 1% Milk and Non-fat Chocolate Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza Seasonal Salad Bar
4 Cheeseburger Sliders Seasonal Salad Bar	5 Walking Tacos Seasonal Salad Bar	6 Chicken Nuggets and a Roll Seasonal Salad Bar	7 Chicken Noodle Soup Grilled Cheese Seasonal Salad Bar	8
11 	12 Homemade Rotini & Meatsauce with Breadstick Seasonal Salad Bar	13 Chicken Nuggets and a Roll Seasonal Salad Bar	14 Orange Chicken with Rice, K8 Seasonal Salad Bar	15 Pizza Crunchers Seasonal Salad Bar
18 Uncrustable String Cheese Scooby Seasonal Salad Bar	19 Chicken Tortilla Soup Cheese Quesadilla Seasonal Salad Bar	20 Chicken Nuggets and a Roll Seasonal Salad Bar	21 Xtreme Bean and Cheese Burrito Seasonal Salad Bar	22 Turkey Gravy with Mashed Potatoes and Roll* Seasonal Salad Bar
25 Consists of the following Components:1 grain- 1 additional grain or a Meat/ Meat Alternative- 1 fruit-1 vegetable	26	27	28 	29



Key enhancements to our menus include an increase in the availability of fruits, vegetables, whole grains, and fat-free and low-fat milk with our meals. We are also reducing the levels of sodium, saturated fat and eliminating added trans fat in meals.