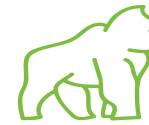


K-8 Cold Breakfast

November 2024



**GOURMET
GORILLA**

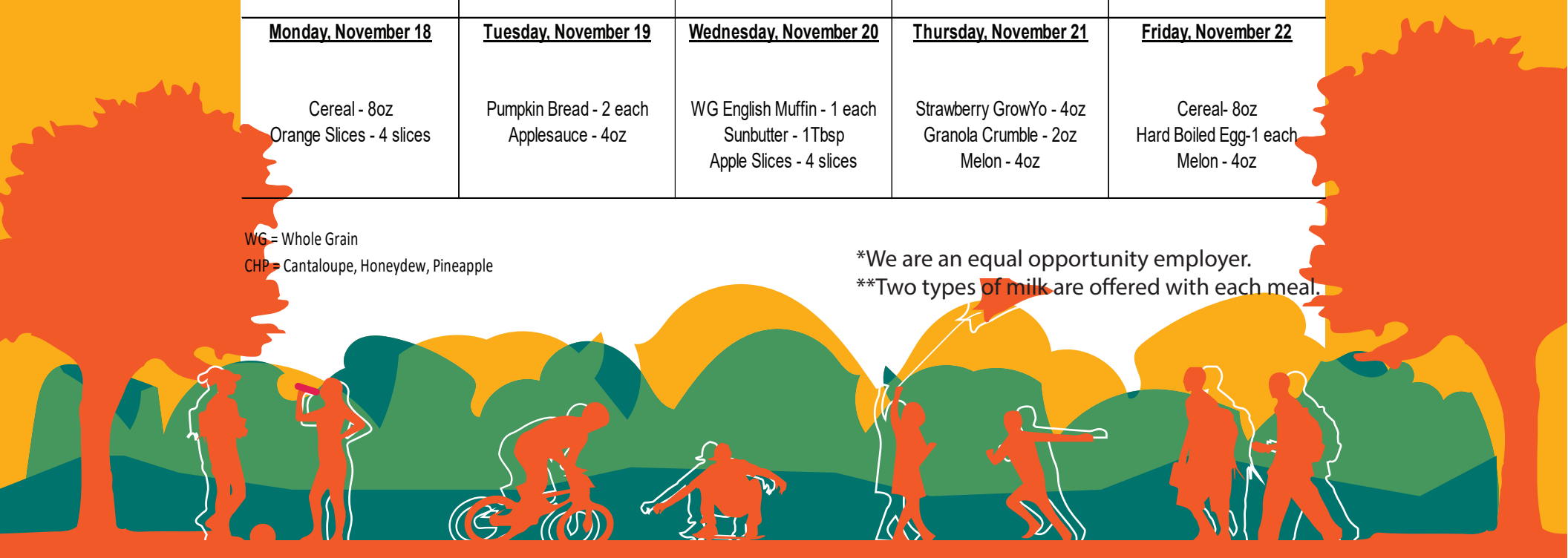
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Monday, November 4</u> Cereal - 8oz Applesauce - 4oz	<u>Tuesday, November 5</u> Banana Bread - 2 each Orange Slices - 4 slices	<u>Wednesday, November 6</u> WG English Muffin - 1 each Sunbutter - 1 Tbsp Apple Slices - 4 slices	<u>Thursday, November 7</u> Chococrisp Grow Bar - 1 each Melon - 4oz	<u>Friday, November 8</u> Cereal - 8oz Cheese Cubes - 2oz Fruit Salad CHP- 4oz
<u>Monday, November 11</u> Cereal - 8oz Orange Slices - 4 slices	<u>Tuesday, November 12</u> Zucchini Bread - 2 each Applesauce - 4oz	<u>Wednesday, November 13</u> Vanilla GrowYo - 4oz Granola Crumble - 2oz Pear Slices - 4 slices	<u>Thursday, November 14</u> Apple Oat Grow Bar - 1 each Melon - 4oz	<u>Friday, November 15</u> Cereal - 8oz Hard Boiled Egg - 1 each Apple Slices - 4 slices
<u>Monday, November 18</u> Cereal - 8oz Orange Slices - 4 slices	<u>Tuesday, November 19</u> Pumpkin Bread - 2 each Applesauce - 4oz	<u>Wednesday, November 20</u> WG English Muffin - 1 each Sunbutter - 1Tbsp Apple Slices - 4 slices	<u>Thursday, November 21</u> Strawberry GrowYo - 4oz Granola Crumble - 2oz Melon - 4oz	<u>Friday, November 22</u> Cereal- 8oz Hard Boiled Egg-1 each Melon - 4oz

WG = Whole Grain

CHP = Cantaloupe, Honeydew, Pineapple

*We are an equal opportunity employer.

**Two types of milk are offered with each meal.



K-8 Hot Lunch

November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Monday, November 4</u></p> <p>Buffalo Chicken Sandwich <i>Veggie Burger</i> WG Hamburger Bun Green Beans - 4oz Baked Beans - 2oz Orange Slices - 4 slices</p>	<p><u>Tuesday, November 5</u></p> <p>Kung Pao Chicken - 2oz <i>Kung Pao Tofu</i> (Not So) Fried Rice - 6oz Cucumber Slices - 4oz Peas & Carrots - 2oz Apple Slices - 4 slices</p>	<p><u>Wednesday, November 6</u></p> <p>WG Mac N Cheese Steamed Carrots - 4oz Lemony Chickpea Salad - 2oz Pear Slices - 4 slices</p>	<p><u>Thursday, November 7</u></p> <p>Salisbury Steak w/ Mushroom Gravy <i>Veggie Meatloaf w/ Gravy</i> WG Rotini Pasta - 6oz Broccoli - 4oz GF/DF/EF Coleslaw - 2oz Pineapple - 4oz</p>	<p><u>Friday, November 8</u></p> <p>Y OÁJa: æÁ ~ -á ÁÄ GÁæ@Óæ æ , ^ ÁÄ : Á æá ææÚææ & ÁÄ Ç : Á ^ } ÁÄ [:</p>
<p><u>Monday, November 11</u></p> <p>WG Chicken Nuggets - 5 each <i>GF/DF/EF Veggie Nuggets</i> WG Bread Slice Baby Carrots - 4oz Three Bean Salad - 2oz Applesauce - 4oz</p>	<p><u>Tuesday, November 12</u></p> <p>WG Penne(6oz) w/ Tomato Cream Sauce & Mozzarella Cheese Green Beans - 4oz Italian Cucumber Salad - 2oz Pear Slices - 4 slices</p>	<p><u>Wednesday, November 13</u></p> <p>Chicken Tinga Taco <i>Veggie Taco</i> WG Flour Tortilla Sweet Corn - 4oz Seasoned Black Beans - 2oz Apple Slices - 4 slices</p>	<p><u>Thursday, November 14</u></p> <p>Turkey Chili <i>Three Bean Chili</i> Corn Bread- 1 each Roasted Potatoes - 4oz Honey Glazed Carrots - 2oz Melon - 4oz</p>	<p><u>Friday, November 15</u></p> <p>Údæ æ^ : ÁÖ [, Ý ÉÄ [: Á Údæ * ÁÖ@^æ^ ÁÄæ&@ Ú { \] á ÁÖææ ÁÄæ&@ Ó & æÄ [: Óææ ÁÖæ ç ÁÄÇ : ÁÖ * æÁ Úæææ ÁÖPÚÁÄ [:</p>
<p><u>Monday, November 18</u></p> <p>Beef Burger w/ American Cheese <i>Veggie Burger</i> WG Hamburger Bun Baby Carrots - 4oz Pickle Chips - 2oz Applesauce - 4oz <i>Ketchup & Mustard Packet</i></p>	<p><u>Tuesday, November 19</u></p> <p>Peri Peri Chicken - 2oz <i>Peri Peri Tofu</i> Spanish Rice - 6oz Cucumber Salad - 4oz Black Beans - 2oz Apple Slices - 4 slices</p>	<p><u>Wednesday, November 20</u></p> <p>WG Rotini Mostaccioli - 8oz Garlic Green Beans - 4oz Cherry Tomato - 2oz Pear Slices - 4 slices</p>	<p><u>Thursday, November 21</u></p> <p>Garlic & Herb Baked Chicken <i>Veggie Meatloaf w/ Gravy</i> Corn Bread - 1 each Roasted Potato - 4oz Honey Glazed Carrots - 2oz Pineapple - 4oz</p>	<p><u>Friday, November 22</u></p> <p>Y ÖÁ^æç : Á ææ() æ Úæææ ÁÄ [: ÉÜæ(^æç) Y ÖÁ^ææææ ÁÄæ&@ Ó & æÄ [: ÁÖæç æ ^ÁÄ Ç : ÁÖ * æÚæææ ÁÖPÚÁÄ [:</p>

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