

Ready-To-Serve – November Menu 2022

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| <p>31</p> <p>BREAKFAST</p> <p>Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Meatball & Marinara Sub Cool Tropics® Tropical Slushie Baby Carrots w/ Ranch Fresh Apple Slices Ocean Spray Craisins(Secondary only) Assorted Low Fat Milk</p> | <p>1</p> <p>BREAKFAST</p> <p>Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Southern Style Chicken Bites* Baked Tostitos Scoops* Seasoned Black Beans RedGold Salsa Cup Strawberry Cup (2 for Secondary) Assorted Low Fat Milk</p> | <p>2</p> <p>BREAKFAST</p> <p>Chocolate Mini Donuts Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>3 Bean Chili * Cornbread Bowl* Sweet Kernel Corn Baby Carrots w/ Ranch Fresh Red Grapes Applesauce Cup (secondary only) Assorted Low Fat Milk</p> | <p>3</p> <p>BREAKFAST</p> <p>Maple Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Cold Italian Sub Vegetable Juice Box Cheesy Spinach Bake Fresh Banana Peach Cup(secondary only) Assorted Low Fat Milk</p> | <p>4</p> <p>BREAKFAST</p> <p>Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Teriyaki Chicken Potstickers w/ Fried Rice and Fortune Cookie Peas & Carrots Zucchini Dippers w/ Ranch Ocean Spray® Craisins (2 for Secondary only) Assorted Low Fat Milk</p> |
| <p>7</p> <p>BREAKFAST</p> <p>Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>BBQ Pulled Chicken Sandwich Steamed Broccoli Baby Carrots w/ Ranch Fresh Apple Slices Ocean Spray Craisins(secondary only) Assorted Low Fat Milk</p> | <p>8</p> <p>BREAKFAST</p> <p>Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Southern Style Chicken Bites Cheez-It Crackers Seasoned Black Beans Southwestern Corn Strawberry Cup (2 for secondary) Assorted Low Fat Milk</p> | <p>9</p> <p>BREAKFAST</p> <p>Chocolate Mini Donuts Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Roasted Turkey & Mashed Potatoes w/Gravy Breadstick(1) Seasoned Green Beans Fresh Red Grapes Applesauce Cup- (Secondary only) Assorted Low Fat Milk</p> | <p>10</p> <p>BREAKFAST</p> <p>Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Baked Fried Chicken Drumstick* Cornbread Muffin* Cheesy Spinach Bake Baby Carrots w/ Ranch Fresh Banana Peach Cup-(secondary only) Assorted Low Fat Milk</p> | <p>11</p> <p>VETERANS DAY</p> <p>NON-STUDENT DAY</p>  |



Happy Thanksgiving

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| | | | | only Assorted Low Fat Milk |
| | | | | |
| 28 | 29 | 30 | | |
| <p>BREAKFAST</p> <p>Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Tuscan Rotini w/ Meatballs Seasoned Green Beans Baby Carrots w/ Ranch Fresh Apple Slices Ocean Spray Craisins- Secondary only Assorted Low Fat Milk</p> | <p>BREAKFAST</p> <p>Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Popcorn Chicken * Cheez Its® Crackers* Sweet Kernel Corn Cool Tropics Berry Blue Slushie Peach Cup Strawberry Cup-Secondary only Assorted Low Fat Milk</p> | <p>BREAKFAST</p> <p>Chocolate Mini Donuts Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Sloppy Joe Sandwich Mashed Potatoes Zucchini Dippers w/Ranch Fresh Red Grapes Applesauce Cup-Secondary only Assorted Low Fat Milk</p> | | |

SECONDARY SITES MUST SERVE A SECOND FRUIT AT LUNCH