## Ready-To-Serve – November Menu 2022

31	1	2	3	4
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cocoa Protein Bar	Mini Blueberry Pancakes	Chocolate Mini Donuts	Maple Belgian Waffle	Banana Chocolate Chunk
Sour Blue Raspberry Raisins 100% Juice	Buddy Fruit® Cinnamon	Peach Cup 100% Juice	Fresh Blueberries 100% Juice	Protein Bar
White Milk (Low Fat or Skim)	Applesauce 100% Juice	White Milk (Low Fat or Skim)	White Milk (Low Fat or	Strawberry Apple Crisps 100% Juice
	White Milk (Low Fat or Skim)		Skim)	White Milk (Low Fat or Skim)
LUNCH		LUNCH		
	LUNCH		LUNCH	LUNCH
Meatball & Marinara Sub		3 Bean Chili *		
Cool Tropics® Tropical Slushie	Southern Style Chicken Bites*	Cornbread Bowl* Sweet Kernel Corn	Cold Italian Sub Vegetable Juice Box	Teriyaki Chicken Potstickers w/ Fried Rice and Fortune
Baby Carrots w/ Ranch	Baked Tostitos Scoops*	Baby Carrots w/ Ranch	Cheesy Spinach Bake	Cookie
Fresh Apple Slices	Seasoned Black Beans	Fresh Red Grapes	Fresh Banana	Peas & Carrots
Ocean Spray Craisins(Secondary only)	RedGold Salsa Cup	Applesauce Cup	Peach Cup(secondary only) Assorted Low Fat Milk	Zucchini Dippers w/ Ranch
Assorted Low Fat Milk	Strawberry Cup (2 for Secondary)	(secondary only) Assorted Low Fat Milk	Assorted Low Fat Milk	Ocean Spray® Craisins (2 for Secondary only)
	Assorted Low Fat Milk			Assorted Low Fat Milk
7	8	9	10	11
	0	9	10	11
BREAKFAST	o BREAKFAST	BREAKFAST	BREAKFAST	11
-	-	-		VETERANS DAY
BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins	BREAKFAST Eggo® Mini Confetti Pancakes	BREAKFAST Chocolate Mini Donuts Peach Cup	BREAKFAST Chocolate Chip Belgian Waffle	VETERANS DAY
BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice	BREAKFAST Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon	BREAKFAST Chocolate Mini Donuts Peach Cup 100% Juice	BREAKFAST Chocolate Chip Belgian Waffle Fresh Blueberries	
BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins	BREAKFAST Eggo® Mini Confetti Pancakes	BREAKFAST Chocolate Mini Donuts Peach Cup	BREAKFAST Chocolate Chip Belgian Waffle	VETERANS DAY
BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)	BREAKFAST Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce	BREAKFAST Chocolate Mini Donuts Peach Cup 100% Juice	BREAKFAST Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice	VETERANS DAY
BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice	BREAKFAST Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)	BREAKFAST Chocolate Mini Donuts Peach Cup 100% Juice White Milk (Low Fat or Skim) LUNCH	BREAKFAST Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)	VETERANS DAY
BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim) LUNCH	BREAKFAST Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim) LUNCH	BREAKFAST Chocolate Mini Donuts Peach Cup 100% Juice White Milk (Low Fat or Skim) LUNCH Roasted Turkey &	BREAKFAST Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or	VETERANS DAY
BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim) LUNCH BBQ Pulled Chicken Sandwich	BREAKFAST Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim) LUNCH Southern Style Chicken Bites Cheez-It Crackers	BREAKFAST Chocolate Mini Donuts Peach Cup 100% Juice White Milk (Low Fat or Skim) LUNCH Roasted Turkey & Mashed Potatoes w/Gravy Breadstick(1)	BREAKFAST Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)	VETERANS DAY
BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim) LUNCH BBQ Pulled Chicken Sandwich Steamed Broccoli	BREAKFAST Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim) LUNCH Southern Style Chicken Bites Cheez-It Crackers Seasoned Black Beans	BREAKFAST Chocolate Mini Donuts Peach Cup 100% Juice White Milk (Low Fat or Skim) LUNCH Roasted Turkey & Mashed Potatoes w/Gravy Breadstick(1) Seasoned Green Beans	BREAKFAST Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim) LUNCH Baked Fried Chicken Drumstick*	VETERANS DAY
BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim) LUNCH BBQ Pulled Chicken Sandwich Steamed Broccoli Baby Carrots w/ Ranch	BREAKFAST Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim) LUNCH Southern Style Chicken Bites Cheez-It Crackers Seasoned Black Beans Southwestern Corn	BREAKFAST Chocolate Mini Donuts Peach Cup 100% Juice White Milk (Low Fat or Skim) LUNCH Roasted Turkey & Mashed Potatoes w/Gravy Breadstick(1) Seasoned Green Beans Fresh Red Grapes	BREAKFAST Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim) LUNCH Baked Fried Chicken Drumstick* Cornbread Muffin*	VETERANS DAY
BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim) LUNCH BBQ Pulled Chicken Sandwich Steamed Broccoli	BREAKFAST Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim) LUNCH Southern Style Chicken Bites Cheez-It Crackers Seasoned Black Beans Southwestern Corn Strawberry Cup (2 for secondary)	BREAKFAST Chocolate Mini Donuts Peach Cup 100% Juice White Milk (Low Fat or Skim) LUNCH Roasted Turkey & Mashed Potatoes w/Gravy Breadstick(1) Seasoned Green Beans	BREAKFAST Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim) LUNCH Baked Fried Chicken Drumstick*	VETERANS DAY
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## Happy Thanksgiving

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

SECONDARY SITES MUST SERVE A SECOND FRUIT AT LUNCH