

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Breakfast Pizza Blueberry Parfait Mini Pancakes Bagel with Cream Cheese	2 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Peach Parfait Bagel with Cream Cheese	3 Warm Cinnamon Rolls Strawberry Parfait Mini Pancakes Bagel with Cream Cheese	4 Ham, Egg and Cheese or Egg and Cheese on English Muffin Blueberry Parfait Mini Pancakes Bagel with Cream Cheese	5 French Toast Sticks Hash Brown Rounds Peach Parfait Mini Pancakes Bagel with Cream Cheese	6 Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mini Pancakes Bagel with Cream Cheese
7 Breakfast Sandwich Sliders Mini Pancakes Bagel with Cream Cheese	8 Warm Strawberry Guava Flip Strawberry Parfait Mini Pancakes Bagel with Cream Cheese	9 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Blueberry Parfait Mini Pancakes Bagel with Cream Cheese	10 Breakfast Burritos with Salsa Peach Parfait Mini Pancakes Bagel with Cream Cheese	11 Ham, Egg and Cheese or Egg and Cheese on English Muffin Strawberry Parfait Mini Pancakes Bagel with Cream Cheese	12 Whole Grain Waffles Sausage Links Blueberry Parfait Mini Pancakes Bagel with Cream Cheese	13 Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Mini Pancakes Bagel with Cream Cheese
14 Cheesy Scrambled Eggs and Whole Grain Toast Mini Pancakes Bagel with Cream Cheese	15 Breakfast Pizza Peach Parfait Mini Pancakes Bagel with Cream Cheese	16 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Strawberry Parfait Mini Pancakes Bagel with Cream Cheese	17 Warm Cinnamon Rolls Blueberry Parfait Mini Pancakes Bagel with Cream Cheese	18 Ham, Egg and Cheese or Egg and Cheese on English Muffin Peach Parfait Mini Pancakes Bagel with Cream Cheese	19 French Toast Sticks Hash Brown Rounds Strawberry Parfait Mini Pancakes Bagel with Cream Cheese	20 Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mini Pancakes Bagel with Cream Cheese
21 Breakfast Sandwich Sliders Mini Pancakes Bagel with Cream Cheese	22 Warm Strawberry Guava Flip Blueberry Parfait Mini Pancakes Bagel with Cream Cheese	23 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Peach Parfait Mini Pancakes Bagel with Cream Cheese	24 Breakfast Burritos with Salsa Strawberry Parfait Mini Pancakes Bagel with Cream Cheese	25 Ham, Egg and Cheese or Egg and Cheese on English Muffin Blueberry Parfait Mini Pancakes Bagel with Cream Cheese	26 Whole Grain Waffles Sausage Links Peach Parfait Mini Pancakes Bagel with Cream Cheese	27 Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Mini Pancakes Bagel with Cream Cheese
28 Cheesy Scrambled Eggs and Whole Grain Toast Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese	29 Breakfast Pizza Strawberry Parfait Mini Pancakes Bagel with Cream Cheese	30 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Blueberry Parfait Mini Pancakes Bagel with Cream Cheese				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cheeseburger Or Vegan Burger (V) or Crispy Chicken Wrap Seasoned Corn Potato Chips	2 Chicken & Waffles or Greek Hummus Wrap (V) or Turkey and Cheese Cherry Tomatoes Carrot Sticks	3 Buffalo Chicken Dip or Spinach and Artichoke Dip w/ Whole Grain Tortilla Chips or Ham and Cheese Carrot and Celery Sticks	4 Chicken Caesar Salad or Hummus Bento Box (V) or Tuna Sandwich Crinkle Fries Broccoli Florets Cherry Tomatoes	5 Cheese Pizza Or Pepperoni Pizza or Roasted Provencal Sub (V) Black Beans Seasoned Corn	6 BBQ Meatloaf w/ Mashed Potatoes or Hummus Bento Box (V) Roasted Green Beans Carrot Sticks
7 Indoor BBQ Cheeseburger, Hot Dog or Vegan Burger (V) Homestyle Baked Beans Cole Slaw Corn on the Cob	8 Crispy Chicken Tenders or Vegan Nuggets (V) or Ham and Cheese Crinkle Cut Fries Carrot Sticks	9 Meatball Parmesan Sub or Vegan Meatball Sub (V) or Turkey and Cheese Tater Tots Cucumber Wheels	10 Teriyaki Chicken & Rice Bowl or Vegan Chick'n & Rice (V) or Chicken Salad Sandwich Broccoli Carrot Sticks	11 Ham and Cheese Calzone or Broccoli and Cheese Calzone (V) or Italian Sub Garden Salad Cucumber Wheels (NO SCHOOL)	12 Mozzarella Stick Basket w/ Marinara Dip or Hummus Bento Box (V) Or Tuna Sub Tater Tots Cucumber Wheels	13 Orange Chicken or Orange Vegan Nuggets w/ Lo Mein, Veggie Egg Roll Roasted Broccoli Garden Salad
14 Beefy Macaroni and Cheese or Vegan Mac and Cheese Roasted Carrots Garden Salad	15 Roast Beef & Swiss on Multigrain or Italian Sub or Hummus Wrap (V) Potato Chips Broccoli Florets	16 Cheesesteak Sub w/ Roasted Peppers, Onions and Mushrooms or Warm Roasted Provencal Wrap (V) or Turkey and Cheese Crinkle Fries Baby Carrots	17 (HALF DAY) Hand Carved Spiral Ham w/ Mashed Potatoes or Greek Hummus Wrap (V) or Tuna Sandwich Green Beans Celery Sticks	18 Crispy Chicken Tenders or Vegan Nuggets (V) or Ham and Cheese Crinkle Cut Fries Carrot Sticks	19 Cheese Pizza or Pepperoni Pizza or Roasted Provencal Sub (V) Black Beans Seasoned Corn	20 Crispy Chicken Drumsticks or Vegan Fishless Sticks Sweet Potato Fries Roasted Cauliflower
21 Cheese Quesadilla or Refried Bean Quesadilla (V) Black Beans Corn and Tomato Salad Tomato Soup	22 Mozzarella Stick Basket w/ Marinara Dip or Hummus Bento Box (V) or Turkey and Cheese Tater Tots Roasted Broccoli	23 Potato Bar (V) Choice of Tater Tots or Baked Potato w/ Taco Beef, Cheese, Sour Cream and Bacon or Ham and Cheese Garden Salad	24 (HALF DAY) Deli Bar w/ Choice of Meat, Cheese and Bread or Vegan Sausage Sub (V) Crinkle Fries Broccoli Florets Cherry Tomatoes	25 HAPPY THANKSGIVING! (NO SCHOOL)	26 Steak and Cheese Sub w/ Roasted Peppers, Onions and Mushrooms or Warm Roasted Provencal Sub(V) Crinkle Fries Baby Carrots Snap Peas (NO SCHOOL)	27 Chicken Piccata w/ Garlic Mashed Potatoes or Hummus Bento Box (V) Garden Peas
28 Chicken Alfredo Pasta or Vegan Alfredo Pasta (V) Italian Roasted Broccoli Garlic Bread	29 Meatball Parmesan Sub or Vegan Meatball Sub (V) or Turkey and Cheese Tater Tots Cherry Tomatoes Cucumber Wheels	30 Chicken Pot Pie or Lentil Pot Pie (V) w/ Freshly Baked Biscuit or American Sub Garden Peas Cucumber Wheels				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fried Chicken or Vegan Nuggets Spanish Rice Plantains	2 Kung Pow Beef Egg Noodles Broccoli Eggroll	3 BBQ Baby Back Ribs Pasta Salad Cole Slaw Homemade Cornbread	4 Homemade Lasagna Garden Salad Roasted Cauliflower Freshly Baked Garlic Bread	5 Grilled Chicken Scampi Spaghetti in Olive Oil and Garlic Blistered Tomatoes Sautéed Spinach	6 Stir Fried Kielbasa Cheese and Potato Pergogis Stir Fried Broccoli and Green Beans
7 Cheese Ravioli Homemade Meat Sauce or Marinara Garlic Spinach Freshly Baked Garlic Bread	8 Rotisserie Chicken Breast Rice Pilaf Roasted Brussel Sprouts	9 Korean BBQ Beef Vegetable Lo Mein Matchstick Carrots Fresh Snap Peas Vegetable Egg Roll	10 Tacos Beef or Beans Spanish Rice Lettuce Cheese Tomatoes Salsa Guacamole	11 Chicken or Vegan Chicken Broccoli Alfredo Freshly Baked Garlic Bread	12 Beef or Bean Enchiladas Cheese, Sour Cream and Salsa Verde Black Beans	13 Pesto Chicken Garlic Mashed Potatoes Roasted Mushrooms Freshly Baked Dinner Roll
14 Burrito Bowl Pork or Beans Spanish Rice Lettuce Cheese Tomatoes Salsa Guacamole	15 Sloppy Joe or Jane w/ Bread or Tortilla Chips Crinkle Fries Baked Beans Cole Slaw	16 Corned Beef Jasmine Rice Yellow Plantains Corn	17 Cheese Manicotti Homemade Meat Sauce Garden Salad Green Beans Freshly Baked Garlic Bread	18 Chicken Kiev Garlic Mashed Potato Roasted Broccoli Italian Seasoned Breadstick	19 Beef Stew Oven Roasted Potato Roasted Carrots Garden Peas Freshly Baked Biscuit Peach Cobbler	20 Italian Sausage or Vegan Nuggets w/ Roasted Peppers, Onions and Mushrooms Sweet Potato Fries
21 Mozzarella Sticks Corn Dog Nuggets Pepperoni Pizza Bites Marinera Sauce Side Salad	22 Broccoli Stuffed Chicken Jasmin Rice Roasted Corn	23 Italian Sausage or Vegan Nuggets w/ Roasted Peppers, Onions and Mushrooms Sweet Potato Fries	24 Macaroni and Cheese w/ Chicken and Bacon Green Beans Roasted Tomatoes Freshly Baked Dinner Roll	25 HAPPY THANKSGIVING!	26 Slow Roasted Beef w/ Au Jour Glazed Carrots Baked Potato Celery Sticks	27 Zesty Italian Stromboli Garden Salad Carrot Sticks Celery Sticks Ranch
28 Curry Chicken Rice Pilaf Mixed Vegetables Garden Salad	29 Cilantro Lime Chicken or Tofu Spanish Rice Black Beans Cucumber Wheels	30 Baked Honey Ham Mashed Potatoes Sautéed Swiss Chard Maple Glazed Carrots Freshly Baked Biscuit				