

November 2016: K-5 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cinnamon Toast Crunch Cheese Sandwich- ½ <u>Fresh Apple</u> 1% or Skim Milk	2 Toasted Cheese Sandwich <u>Applesauce</u> <u>Fresh Apple</u> 1% or Skim Milk	3 Multi-grain Cheerios Blueberry Muffin <u>Fresh Banana</u> 1% or Skim Milk	4 Mini Waffles Syrup <u>Fresh Banana</u> 1% or Skim Milk
7 Frosted Flakes- Multigrain Cheese Stick <u>100% Fruit Juice</u> 1% or Skim Milk	8  Bagel Bar Apple Cinnamon <u>Apple Slices</u> 1% or Skim Milk	9 Bagel Bar Apple Cinnamon <u>Apple Slices</u> 1% or Skim Milk	10 Buttermilk Biscuit Turkey Sausage <u>Fresh Apple</u> 1% or Skim Milk	11 Veterans Day 
14 Cinnamon Toast Crunch Cheese Stick <u>Fresh Apple</u> <u>Mixed Fruit</u> 1% or Skim Milk	15 Bagel Bar Apple Cinnamon <u>Fresh Banana</u> <u>Applesauce</u> 1% or Skim Milk	16 Toasted Cheese Sandwich <u>Applesauce</u> <u>Fresh Pear</u> 1% or Skim Milk	17 Zucchini Loaf <u>Fresh Banana</u> <u>Applesauce</u> 1% or Skim Milk	18 Mini Waffles Syrup <u>Fresh Apple</u> 1% or Skim Milk
21 Multigrain Cheerios Cheese Stick <u>Fresh Apple</u> <u>100% Fruit Juice</u> 1% or Skim Milk	22 Blueberry Muffin Sunflower Seeds <u>Fresh Banana</u> 1% or Skim Milk	23 Mini Waffles Syrup <u>Fresh Apple</u> 1% or Skim Milk	24  25	
28 Cinnamon Toast Crunch Cheese Stick <u>Fresh Apple</u> <u>100% Fruit Juice</u> 1% or Skim Milk	29 Buttermilk Biscuit Turkey Sausage <u>Craisins</u> <u>Fresh Apple</u> 1% or Skim Milk	30 Toasted Cheese Sandwich <u>Applesauce</u> <u>Fresh Pear</u> 1% or Skim Milk		

Offered Daily: Milk (1% low fat or fat free), Seasonal Fresh Fruit, Canned Fruit, Assorted Cereal

November 2016: K-5 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Spaghetti and Meat Sauce <u>Broccoli</u> <u>Fresh Apple</u> 1%, Skim, or NF Chocolate Milk	2 Chicken Nuggets <u>French Fries</u> <u>Mandarin Oranges</u> 1%, Skim, or NF Chocolate Milk	3 Tuna Salad Sandwich <u>Carrots</u> <u>Tropical Fruit Salad</u> 1%, Skim, or NF Chocolate Milk	4 Chicken Quesadilla <u>Diced Pineapple</u> 1%, Skim, or NF Chocolate Milk
7 Grilled Cheese <u>Green Beans</u> <u>Apples Slices</u> 1%, Skim, or NF Chocolate Milk	8 	9 Teriyaki Chicken Brown Rice/Kidney Beans <u>Carrots</u> <u>Mixed Fruit</u> 1%, Skim, or NF Chocolate Milk	10 Pizza- Whole Wheat <u>Broccoli</u> <u>Diced Peaches</u> 1%, Skim, or NF Chocolate Milk	11 Veterans Day 
14 Spaghetti and Meatballs <u>Broccoli</u> <u>Fresh Apple</u> 1%, Skim, or NF Chocolate Milk	15 Macaroni and Cheese <u>Baked Beans</u> <u>Mixed Fruit</u> 1%, Skim, or NF Chocolate Milk	16 Turkey Burger <u>French Fries</u> <u>Mandarin Oranges</u> 1%, Skim, or NF Chocolate Milk	17 Sweet and Sour Chicken <u>Green Beans</u> <u>Apples Slices</u> 1%, Skim, or NF Chocolate Milk	18 Pizza <u>Carrots</u> <u>Diced Pears</u> 1%, Skim, or NF Chocolate Milk
21 Chicken Quesadilla <u>Fresh Apple</u> 1%, Skim, or NF Chocolate Milk	22 Tuna Salad Sandwich <u>Carrots</u> <u>Tropical Fruit Salad</u> 1%, Skim, or NF Chocolate Milk	23 Sliced Turkey w/Gravy Cornbread <u>Baked Sweet Potatoes and Apples</u> 1%, Skim, or NF Chocolate Milk		
28 Spaghetti and Meatballs <u>Broccoli</u> <u>Fresh Apple</u> 1%, Skim, or NF Chocolate Milk	29 Macaroni and Cheese <u>Baked Beans</u> <u>Mixed Fruit</u> 1%, Skim, or NF Chocolate Milk	30 Chicken Nuggets <u>French Fries</u> <u>Mandarin Oranges</u> 1%, Skim, or NF Chocolate Milk		




Offered Daily: Milk (1% low fat, fat free, chocolate), Seasonal Fresh Fruit, Canned Fruit, PB & J, Cheese Sandwiches

MENU IS SUBJECT CHANGE

November 2016: K-8 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cinnamon Toast Crunch Cheese Stick <u>Fresh Apple</u> 1% or Skim Milk	2 Assorted Cereal Assorted Muffin <u>Applesauce</u> 1% or Skim Milk	3 Hot Oatmeal <u>Fresh Banana</u> 1% or Skim Milk	4 Waffles Syrup <u>Fresh Banana</u> 1% or Skim Milk
7 Frosted Flakes- Multigrain Cheese Stick <u>100% Fruit Juice</u> 1% or Skim Milk	8  Waffles Syrup <u>Fresh Apple</u> 1% or Skim Milk	9 Waffles Syrup <u>Fresh Apple</u> 1% or Skim Milk	10 Buttermilk Biscuit Turkey Sausage <u>Fresh Apple</u> 1% or Skim Milk	11 Veterans Day 
14 Cinnamon Toast Crunch Cheese Stick <u>100% Fruit Juice</u> 1% or Skim Milk	15 Peach Yogurt Banana Muffin <u>Fresh Banana</u> 1% or Skim Milk	16 Zucchini Loaf <u>Applesauce</u> 1% or Skim Milk	17 Hot Oatmeal <u>Applesauce</u> 1% or Skim Milk	18 Waffles Syrup <u>Fresh blueberries</u> 1% or Skim Milk
21 Multigrain Cheerios Cheese Stick <u>100% Fruit Juice</u> 1% or Skim Milk	22 Buttermilk Biscuit Turkey Sausage <u>Fresh Banana</u> 1% or Skim Milk	23 Waffles Syrup <u>Fresh Apple</u> 1% or Skim Milk	24 	
28 Cinnamon Toast Crunch Cheese Stick <u>100% Fruit Juice</u> 1% or Skim Milk	29 Peach Yogurt Banana Muffin <u>Fresh Apple</u> 1% or Skim Milk	30 Zucchini Loaf <u>Fresh Pear</u> 1% or Skim Milk		
Offered Daily: Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, Assorted Cereal				

November 2016: K-8 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Brown Rice w/Kidney Beans <u>Sweet Corn</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	2 Beef with Rotini Noodles <u>Broccoli</u> <u>Blueberry Craisins</u> 1%, Skim, NF Chocolate Milk	4 Chicken Quesadilla <u>Steamed Carrots</u> <u>Applesauce</u> 1%, Skim, NF Chocolate Milk	4 Sloppy Joe <u>French Fries</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk
7 Asian Chicken Lo-Mein Noodles <u>Stir-fry Vegetables</u> <u>Diced Pears</u> 1%, Skim, NF Chocolate Milk	8  ELECTION DAY	9 Spaghetti and Meatballs <u>Steamed Carrots</u> <u>Blueberry Craisins</u> 1%, Skim, NF Chocolate Milk	10 Pizza <u>Broccoli</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	11 Veterans Day 
14 Macaroni and Cheese <u>Baked Beans</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	15 Teriyaki Chicken Brown Rice w/Kidney Beans <u>Fresh Banana</u> 1%, Skim, NF Chocolate Milk	16 Chicken Quesadilla <u>Apple Slices</u> 1%, Skim, NF Chocolate Milk	17 Pizza <u>Broccoli</u> <u>Applesauce</u> 1%, Skim, NF Chocolate Milk	18 Beef stir fry w/Brown Rice <u>Stir-fry Vegetables</u> <u>Diced Pears</u> 1%, Skim, NF Chocolate Milk
21 Spaghetti and Meatballs <u>Steamed Carrots</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	22 Macaroni and Cheese <u>Baked Beans</u> <u>Fresh Banana</u> 1%, Skim, NF Chocolate Milk	23 Sliced Turkey w/Gravy Cornbread <u>Baked Sweet Potatoes and Apples</u> 1%, Skim, NF Chocolate Milk		
28 Crispy Chicken Sandwich <u>French Fries</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	29 Spaghetti and Meatballs <u>Steamed Carrots</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	30 Pizza <u>Broccoli</u> <u>Craisins</u> 1%, Skim, NF Chocolate Milk		




Offered Daily: Milk (1% low fat, fat free, chocolate), Seasonal Fresh Fruit, Canned Fruit, PB & J, Cheese Sandwiches

November 2016: Grand Concourse Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cinnamon Toast Crunch Cheese Stick <u>Fresh Apple</u> 1% or Skim Milk	2 Assorted Cereal Cheese Stick <u>Blueberry Craisins</u> 1% or Skim Milk	3 Mini Bagel- Cinnamon Cream Cheese <u>Applesauce</u> 1% or Skim Milk	4 Multi-grain Cheerios Cheese Stick <u>Fresh Apple</u> 1% or Skim Milk
7 Frosted Flakes- Multigrain Cheese Stick <u>100% Fruit Juice</u> 1% or Skim Milk	8 	9 Strawberry Banana Yogurt- NF Blueberry Muffin <u>Blueberry Craisins</u> 1% or Skim Milk	10 Mini Bagel- Cinnamon Cream Cheese <u>Fresh Apple</u> 1% or Skim Milk	11 Veterans Day 
14 Cinnamon Toast Crunch Cheese Stick <u>Fresh Apple</u> 1% or Skim Milk	15 Peach Nonfat Yogurt Corn Muffin <u>Fresh Banana</u> 1% or Skim Milk	16 Whole Grain Bagel Cream Cheese/Jelly <u>Raisins</u> 1% or Skim Milk	17 Multi-grain Cheerios Cheese Stick <u>Applesauce</u> 1% or Skim Milk	18 Strawberry Banana Yogurt- NF Blueberry Muffin <u>Fresh Apple</u> 1% or Skim Milk
21 Multigrain Cheerios Cheese Stick <u>100% Fruit Juice</u> 1% or Skim Milk	22 Mini Bagel- Cinnamon Cream Cheese <u>Fresh Banana</u> 1% or Skim Milk	23 Frosted Flakes- Multigrain Cheese Stick <u>100% Fruit Juice</u> 1% or Skim Milk	24 	
28 Cinnamon Toast Crunch Cheese Stick <u>Fresh Apple</u> 1% or Skim Milk	29 Peach Nonfat Yogurt Corn Muffin <u>Fresh Apple</u> 1% or Skim Milk	30 Strawberry Banana Yogurt- NF Blueberry Muffin <u>Craisins</u> 1% or Skim Milk		





Offered Daily: Milk (1% low fat, fat free, chocolate), Seasonal Fresh Fruit, Canned Fruit, Assorted Cereals

November 2016: Grand Concourse Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Brown Rice w/Kidney Beans <u>Sweet Corn</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	2 Beef with Rotini Noodles <u>Broccoli</u> <u>Blueberry Craisins</u> 1%, Skim, NF Chocolate Milk	4 Cheese Sandwich <u>Steamed Carrots</u> <u>Diced Pears</u> 1%, Skim, NF Chocolate Milk	4 Sloppy Joe <u>Wedges</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk
7 Asian Chicken Lo-Mein Noodles <u>Stir-fry Vegetables</u> <u>Mixed Fruit</u> 1%, Skim, NF Chocolate Milk	8  1%, Skim, NF Chocolate Milk	9 Spaghetti and Meatballs <u>Broccoli</u> <u>Blueberry Craisins</u> 1%, Skim, NF Chocolate Milk	10-Brown Bag Lunch Chicken Salad Sandwich <u>Carrot Snack</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	11 Veterans Day 
14 Macaroni and Cheese <u>Broccoli</u> <u>Blueberry Craisins</u> 1%, Skim, NF Chocolate Milk	15 Teriyaki Chicken Brown Rice w/Kidney Beans <u>Steamed Carrots</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	16 Chicken Quesadilla <u>Diced Pear</u> 1%, Skim, NF Chocolate Milk	17-Brown Bag Lunch Turkey and Cheese Sandwich <u>Carrot Snack</u> <u>Applesauce</u> 1%, Skim, NF Chocolate Milk	18 Beef Stir Fry w/ Brown Rice <u>Stir-Fry Vegetables</u> <u>Apple Slices</u> 1%, Skim, NF Chocolate Milk
21 Spaghetti and Meatballs <u>Mixed Vegetables</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	22 Macaroni and Cheese <u>Baked Beans</u> <u>Diced Pears</u> 1%, Skim, NF Chocolate Milk	23 Sliced Turkey w/Gravy Cornbread <u>Baked Sweet Potatoes and Apples</u> 1%, Skim, NF Chocolate Milk	24 	25 
28 Crispy Chicken Sandwich <u>French Fries</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	29 Spaghetti and Meatballs <u>Steamed Carrots</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	30-Brown Bag Lunch Ham and Cheese Sandwich <u>Carrot Snack</u> <u>Craisins</u> 1%, Skim, NF Chocolate Milk		

Offered Daily: Milk (1% low fat, fat free, chocolate), Seasonal Fresh Fruit, Canned Fruit, PB & J, Cheese Sandwiches

November 2016: Afterschool Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Honey Graham Crackers 1%, Skim, or NF Chocolate Milk	2 Educational Snack 100% Apple Juice	3 Honey Graham Crackers 1%, Skim, or NF Chocolate Milk	4 Animal Crackers 100% Apple Juice
7 Educational Snack 100% Apple Juice	8 	9 Sun Chips Applesauce	10 Honey Graham Crackers 1%, Skim, or NF Chocolate Milk	11 Veterans Day 
14 Apple Muffin 1%, Skim, or NF Chocolate Milk	15 Educational Snack 100% Apple Juice	16 PB and Jelly Sandwich 1%, Skim, or NF Chocolate Milk	17 Cheez it Scrabble 100% Apple Juice	18 Honey Graham Crackers Upstate Peach Yogurt
21 Cheez it Scrabble 100% Apple Juice	22 Baked Lays 100% Apple Juice	23 Banana Muffin 1%, Skim, or NF Chocolate Milk	24 	25 
28 Animal Crackers 100% Apple Juice	29 Apple Muffin 1%, Skim, or NF Chocolate Milk	30 Honey Graham Crackers Upstate Peach Yogurt		

Offered Daily: Milk (1% low fat, fat free, chocolate), Seasonal Fresh Fruit, Canned Fruit

November High School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Must Choose One</u> 100 % Orange Juice 100% Apple Juice	<u>Must Choose One</u> 100 % Orange Juice 100% Apple Juice	<u>Must Choose One</u> 100 % Orange Juice 100% Apple Juice	<u>Must Choose One</u> 100 % Orange Juice 100% Apple Juice	<u>Must Choose One</u> 100 % Orange Juice 100% Apple Juice
<u>Must Choose One</u> Fresh Fruit Cupped Fruit	<u>Must Choose One</u> Fresh Fruit Cupped Fruit	<u>Must Choose One</u> Fresh Fruit Cupped Fruit	<u>Must Choose One</u> Fresh Fruit Cupped Fruit	<u>Must Choose One</u> Fresh Fruit Cupped Fruit
<u>Must Choose One</u> 1% White Milk Skim Milk	<u>Must Choose One</u> 1% White Milk Skim Milk	<u>Must Choose One</u> 1% White Milk Skim Milk	<u>Must Choose One</u> 1% White Milk Skim Milk	<u>Must Choose One</u> 1% White Milk Skim Milk
<u>Choose One</u> Bagel w/Omelet OR Bagel w/ Cream Cheese OR	<u>Choose One</u> <i>Pancakes(2)</i> OR Bagel w/Cream Cheese OR	<u>Choose One</u> Turkey Chorizo Burrito OR Bagel w/Cream Cheese OR	<u>Choose One</u> <i>Cheese Omelet w/Kaiser Roll</i> OR Bagel w/Cream Cheese OR	<u>Choose One</u> <i>Waffles(2)</i> OR Bagel w/Cream Cheese OR
<u>Choose 2 from below</u> Nutri Grain Bar Cold Cereal Pop tart Muffin <u>Cereal list</u> Frosted Mini Wheats Multi grain Cheerios Cinnamon Toast Crunch	<u>Choose 2 from below</u> Nutri Grain Bar Cold Cereal Pop tart Muffin <u>Cereal list</u> Frosted Mini Wheats Multi grain Cheerios Cinnamon Toast Crunch	<u>Choose 2 from below</u> Nutri Grain Bar Cold Cereal Pop tart Muffin <u>Cereal list</u> Frosted Mini Wheats Multi grain Cheerios Cinnamon Toast Crunch	<u>Choose 2 from below</u> Nutri Grain Bar Cold Cereal Pop tart Muffin <u>Cereal list</u> Frosted Mini Wheats Multi grain Cheerios Cinnamon Toast Crunch	<u>Choose 2 from below</u> Nutri Grain Bar Cold Cereal Pop tart Muffin <u>Cereal list</u> Frosted Mini Wheats Multi grain Cheerios Cinnamon Toast Crunch

November 2016: High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Teriyaki Chicken Brown Rice w/Kidney Beans BBQ Chicken Wrap <u>Sweet Corn</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	2 Beef with Rotini Noodles Grilled Cheese <u>Broccoli</u> <u>Blueberry Craisins</u> 1%, Skim, NF Chocolate Milk	3 Chicken Quesadilla Cheese Quesadilla <u>Steamed Carrots</u> <u>Applesauce</u> 1%, Skim, NF Chocolate Milk	4 Sloppy Joe Bean n' Cheese Quesadilla <u>French Fries</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk
7 Asian Chicken Wrap Veggie Burger <u>Stir-fry Vegetables</u> <u>Diced Pears</u> 1%, Skim, NF Chocolate Milk	8  ELECTION DAY	9 Meatball Hero Spaghetti and Meatballs <u>Steamed Carrots</u> <u>Blueberry Craisins</u> 1%, Skim, NF Chocolate Milk	10 Pizza Assorted Toppings <u>Broccoli</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	11 Veterans Day 
14 BBQ Chicken Macaroni and Cheese <u>Baked Beans</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	15 Teriyaki Chicken w/ Brown Rice BBQ Chicken Wrap <u>Greens Beans</u> <u>Applesauce</u> 1%, Skim, NF Chocolate Milk	16 Chicken Quesadilla Cheese Quesadilla <u>Steamed Carrots</u> <u>Applesauce</u> 1%, Skim, NF Chocolate Milk	17 Pizza <u>Broccoli</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	18 Beef Stir Fry w/ Brown Rice Beef Cheese Steak <u>Stir-fry Vegetables</u> <u>Diced Pears</u> 1%, Skim, NF Chocolate Milk
21 Spaghetti and Meatballs <u>Steamed Carrots</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	22 BBQ Chicken Macaroni and Cheese <u>Baked Beans</u> <u>Fresh Banana</u> 1%, Skim, NF Chocolate Milk	23 Sliced Turkey w/Gravy Cornbread <u>Baked Sweet Potatoes and Apples</u> 1%, Skim, NF Chocolate Milk	24  Give Thanks HAPPY THANKSGIVING!	25 
28 Crispy Chicken Sandwich Veggie Burger <u>French Fries</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	29 Meatball Hero Spaghetti and Meatballs <u>Steamed Carrots</u> <u>Fresh Apple</u> 1%, Skim, NF Chocolate Milk	Pizza <u>Broccoli</u> <u>Craisins</u> 1%, Skim, NF Chocolate Milk		