

November 2021 Menu

Breakfast

1 English Muffin Your Way (choice of fried egg, sunbutter, fruit preserve, butter; gluten free english muffins available)	2 Strawberry Oat Muffin Squares (vegan and gluten free options); Hardboiled egg	3 Yogurt Parfait (whole milk or plant-based; housemade granola topping; rotating fruit mixing - frozen peach, frozen strawberries, frozen cherries, fresh blueberries, frozen mango, frozen berry mix, etc.)	4 Arepas (naturally GF, vegan; choice of scrambled egg, black beans, cheese, hot sauce)	5 Pancakes, Berries, Maple Syrup, Butter (plant-based option)
8 English Muffin Your Way (choice of fried egg, sunbutter, fruit preserve, butter; gluten free english muffins available)	9 Smoothie (rotating flavors: pineapple mango smoothie; strawberry banana, etc.) (whole milk and plantbased yogurt options)	10 Egg Bake Bites (turkey ham and cheese) or Vegan Omelette; side of toast (gluten free available)	11 Sweet Potato Chocolate Chip Bread (vegan and veg versions; made with gluten free flour); Whole milk or plant-based yogurt	12 NO SCHOOL
15 Bagel and whipped cream cheese or sunbutter, choice of fruit preserve (gluten free toast available)	16 Greens, Eggs, and Ham (egg bake with spinach, cheese and turkey ham) or Tofu scramble with spinach and herbs; side of toast (gluten free available)	17 Chocolate Chip Zucchini Muffin Squares (vegan and non-vegan options); Hardboiled Egg	18 Breakfast Tacos (choice of eggs, cheese, black beans, tofu scramble; side of salsa) (wheat or corn tortillas)	19 French toast (vegan; gluten free available) with maple syrup, strawberry compote
22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
29 English Muffin Your Way (choice of sunbutter, fruit preserve, butter; gluten free english muffins available)	30 Strawberry Oat Muffin Squares (vegan and gluten free options); Hardboiled egg			

Offer is valid for Free Chocolate Milk or 2% Whole Milk. Offered. All bread items whole grain. NO PEANUTS SERVED AT ANY TIME. MENU SUBJECT TO CHANGE.

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November 2021 Menu

Lunch

1	Lunch 1 BOWL: Bibimbap (seasoned rice, Korean BBQ beef, braised tofu, kimchi, julienned carrots, quick pickled cucumber, sesame spinach, Gochujang sauce) Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/2 cup STARCHY; 1/2 cup GREEN	2	Lunch 1 Nachos! (whole grain corn tortilla chips, black beans, cheese, salsa, chopped romaine, diced tomatoes, spicy peppers, guacamole) Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/2 cup OTHER (green beans); 1/2 cup OTHER (cauliflower)	3	Lunch 1 Mediterranean Gyro (chicken or falafel); tzatziki sauce, tahini; mixed shredded carrot salad; marinated cucumber salad Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/4 cup GREEN, 1/4 cup RED/ORANGE, 1/2 cup OTHER	4	Lunch 1 Mexican Chicken and Potato Stew, Creamy Pinto Beans, Yellow Rice, Tex-Mex Kale Salad Lunch 2 (vegan options: pinto beans over yellow rice; mex salad) Subgroup 1/2 cup OTHER, 1/2 LEGUME	5	Lunch 1 Pasta Pasta! (whole grain or gluten free fusilli; marinara or pesto - dairy free? meatballs); chopped romaine, yellow peppers, baked turkey, cherry tomatoes; housemade dressing (choices) Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/2 cup STARCHY; 1/2 cup GREEN
8	Lunch 1 Baked Potato Bar: crackers on the side Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/2 cup STARCHY; 1/2 cup GREEN	9	Lunch 1 Chana Masala, Basmati Rice, Naan, green beans with roasted almonds, spiced cauliflower Lunch 2 Chicken Tikka Masala, Basmati Rice, Naan; green beans with roasted almonds, spiced cauliflower Subgroup 1/2 cup OTHER, 1/2 cup RED/ORANGE	10	Lunch 1 Harvest Veggie Pasta Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/4 cup GREEN, 1/4 cup RED/ORANGE, 1/2 cup OTHER	11	Lunch 1 Red Thai Curry over Rice; emerald salad (soybeans) Lunch 2 Thai Basil Chicken over Rice; emerald salad (soybeans) Subgroup 1/2 cup OTHER, 1/2 LEGUME	12	NO SCHOOL
15	Lunch 1 Herbed chicken pasta, lemon peas, carrot sticks with choice of housemade dressing (gluten free pasta available); garlic bread (vegan) Lunch 2 Herbed white bean pasta, lemon peas, carrot sticks with choice of housemade dressing (vegan, gluten free pasta available); garlic bread (vegan) Subgroup 1/2 cup OTHER; 1/2 STARCHY	16	Lunch 1 Shredded tofu, BBQ, mashed sweet potatoes, tangy slaw, sweet cornbread (vegan, gluten free) Lunch 2 Pulled chicken BBQ, mashed sweet potatoes, tangy slaw, cornbread (vegan, gluten free) Subgroup 1/2 cup RED/ORANGE, 1/2 cup OTHER FRUIT	17	Lunch 1 AC/PA Pizza Party: spinach salad with bell pepper, carrots, and cucumber (housemade dressing choices; buttermilk ranch and balsamic vinaigrette) Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/4 cup GREEN, 1/4 cup OTHER, 1/4 RED/ORANGE, 1/4 cup OTHER	18	Lunch 1 BOWL: Cilantro Lime Rice, Mom's Black Beans, crumbled cheese, pico de gallo, avocado, chorizo; honey roasted carrots Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/2 cup OTHER, 1/2 cup RED/ORANGE	19	Lunch 1 BOWL: Mediterranean Bowl Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/2 cup GREEN, 1/4 cup OTHER, 1/4 OTHER, 1/2 cup LEGUME
22	NO SCHOOL	23	NO SCHOOL	24	NO SCHOOL	25	NO SCHOOL	26	NO SCHOOL
29	Lunch 1 BOWL: Bibimbap (seasoned rice, Korean BBQ beef, braised tofu, kimchi, julienned carrots, quick pickled cucumber, sesame spinach, Gochujang sauce) Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/2 cup STARCHY; 1/2 cup GREEN	30	Lunch 1 Nachos! (whole grain corn tortilla chips, black beans, cheese, salsa, chopped romaine, diced tomatoes, spicy peppers, guacamole) Lunch 2 (BYO - GF, vegan, dairy, egg free options; no nuts) Subgroup 1/2 cup OTHER (green beans); 1/2 cup OTHER (cauliflower)	27		28		29	

1/2 cup 1% Milk - Fat Free Chocolate Milk or 3/4 White Milk Offered - All bread items whole grain
NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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