

# November



## ES LUNCH

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
|   |  | <b>BREAKFAST</b><br>Cinnamon Chex & Zac Attack<br>Apple Bar (DF)<br><br><b>LUNCH</b><br>Spaghetti Meatballs (DF)<br>Cheese Lasagna (VG)<br>Corn <b>1</b>        | <b>BREAKFAST</b><br>Autumn Spice Muffin<br><br><b>LUNCH</b><br>Chicken Enchiladas<br>Pasta Alfredo (VG)<br>Cucumber <b>2</b>                                  | <b>BREAKFAST</b><br>Zee Zee's Berry Apple Crisp<br>Bar<br><br><b>LUNCH</b><br>Firecracker Chicken<br>Pancakes w/Omelet (VG)<br>Edamame <b>3</b> |
| <b>BREAKFAST</b><br>String Cheese & Skeeter<br>Cinnamon Grahams<br><br><b>LUNCH</b><br>Hot Dog (DF)<br>Cheese Pizza (VG)<br>Baby Carrots <b>6</b>             | <b>BREAKFAST</b><br>Lemon Muffin<br><br><b>LUNCH</b><br>Jerk Drumstick w/Pineapple<br>Carrot Rice (DF)<br>Cheese Tamale (VG)<br>Broccoli <b>7</b>                      | <b>BREAKFAST</b><br>Yogurt & Granola<br><br><b>LUNCH</b><br>Buffalo Chicken Crunchadilla<br>Fiesta Scoops (VG)<br>Celery Sticks w/Ranch <b>8</b>                | <b>BREAKFAST</b><br>French Toast Muffin<br><br><b>LUNCH</b><br>Chicken Mole (DF)<br>Spaghetti Marinara (VG)<br>Corn <b>9</b>                                  | HOLIDAY <b>10</b>   |
| <b>BREAKFAST</b><br>Corn Chex & Zac Attack<br>Strawberry Bar (DF)<br><br><b>LUNCH</b><br>Meatball Sub<br>Cheese Lasagna (VG)<br>Corn <b>13</b>                | <b>BREAKFAST</b><br>Plain Bagel & Cream Cheese<br><br><b>LUNCH</b><br>Creamy Tomato Curry w/Grilled<br>Chicken<br>Italian "Sausage" Calzoni (VG)<br>Cucumber <b>14</b> | <b>BREAKFAST</b><br>Zee Zee's Berry Apple Crisp Bar<br>(DF)<br><br><b>LUNCH</b><br>Flame Broiled Cheeseburger<br>Cheese Pizza (VG)<br>Lettuce w/Ranch <b>15</b> | <b>BREAKFAST</b><br>Hard Boiled Egg & Dinner Roll<br>(DF)<br><br><b>LUNCH</b><br>Roasted Turkey and Stuffing (DF)<br>Cheese Enchiladas (VG)<br>Yams <b>16</b> | <b>BREAKFAST</b><br>Yogurt & Granola<br><br><b>LUNCH</b><br>General Tso's Chicken<br>Cheesy Ravioli (VG)<br>Edamame <b>17</b>                   |
| HOLIDAY <b>20</b>   | HOLIDAY <b>21</b>  | HOLIDAY <b>22</b>   | HOLIDAY <b>23</b>   | HOLIDAY <b>24</b>   |
| <b>BREAKFAST</b><br>Shelf Stable: Cinnamon Chex &<br>Honey Grahams<br><br><b>LUNCH</b><br>Hot Dog (DF)<br>Cheese Pizza (VG)<br>Baby Carrots w/Ranch <b>27</b> | <b>BREAKFAST</b><br>Blueberry Bagel & Cream<br>Cheese<br><br><b>LUNCH</b><br>Buffalo Chicken Crunchadilla<br>Cheese Tamale (VG)<br>Pinto Beans <b>28</b>               | <b>BREAKFAST</b><br>Yogurt & Educational Snacks<br><br><b>LUNCH</b><br>Chicken Sausage and Cheddar<br>Eggel Sandwich<br>Pasta Alfredo (VG)<br>Corn <b>29</b>    | <b>BREAKFAST</b><br>Cinnamon Crumble<br><br><b>LUNCH</b><br>Jumbo Caribbean Meatball<br>w/Rice (DF)<br>Pancakes w/Omelet (VG)<br>Broccoli <b>30</b>           |   |

### What's New?

Our Holiday Meal is back! Featured on November 16th, our kid-favorite Oven Roasted Turkey meal with stuffing and mashed yams is delicious and just in time for the cold weather!

