

# NOVEMBER

# BREAKFAST

## Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<ul style="list-style-type: none"> <li>yogurt &amp; granola</li> <li>cinnamon chex w/ zac attack apple</li> </ul> <span style="float: right;">1</span>
<ul style="list-style-type: none"> <li>Zee zee berry apple crisp bar</li> <li>cheerios w/ educational crackers</li> </ul> <span style="float: right;">4</span>	<ul style="list-style-type: none"> <li>HOT cornbread &amp; omelet</li> <li>Cinnamon crumble</li> </ul> <span style="float: right;">5</span>	<ul style="list-style-type: none"> <li>HOT pancake bowl strawberry</li> <li>cheerios/ cinnamon goldfish grahams</li> </ul> <span style="float: right;">6</span>	<ul style="list-style-type: none"> <li>Mini French toast muffin &amp; string cheese</li> <li>cinnamon chex/ zac attack strawberry</li> </ul> <span style="float: right;">7</span>	<ul style="list-style-type: none"> <li>Blueberry muffin</li> <li>cheerios/ educational snacks</li> </ul> <span style="float: right;">8</span>
<ul style="list-style-type: none"> <li>cinnamon chex w/ mini dipperdoodle bar</li> </ul> <span style="float: right;">11</span>	<ul style="list-style-type: none"> <li>String cheese/cinnamon grahams</li> <li>Cheerios/educational crackers</li> </ul> <span style="float: right;">12</span>	<ul style="list-style-type: none"> <li><b>NEW!!</b> waffles</li> <li>cinnamon raisin bagel</li> <li>multi grain cheerios /educational snacks</li> </ul> <span style="float: right;">13</span>	<ul style="list-style-type: none"> <li>autumn spice muffin</li> <li>Cinnamon chex/zac attack apple</li> </ul> <span style="float: right;">14</span>	<ul style="list-style-type: none"> <li>HOT cornbread &amp; egg omelet</li> <li>cheerios/ giant cinnamon goldfish</li> </ul> <span style="float: right;">15</span>
<ul style="list-style-type: none"> <li>zee zee cinnamon crisp bar</li> <li>cheerios/ educational crackers</li> </ul> <span style="float: right;">18</span>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>multi grain cheerios/ giant cinnamon goldfish grahams</li> </ul> <span style="float: right;">19</span>	<ul style="list-style-type: none"> <li>HOT pancake bowl peach</li> <li>Cinnamon chex/zac attack strawberry</li> </ul> <span style="float: right;">20</span>	<ul style="list-style-type: none"> <li>HOT mini cheese omelet w/ french toast sticks</li> <li>Mini French toast muffin &amp; string cheese</li> </ul> <span style="float: right;">21</span>	<ul style="list-style-type: none"> <li>HOT chicken sausage &amp; omelet gordita</li> <li>multi gran cheerios/ cinnamon goldfish grahams</li> </ul> <span style="float: right;">22</span>
<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul> <span style="float: right;">25</span>	<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul> <span style="float: right;">26</span>	<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul> <span style="float: right;">27</span>	<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul> <span style="float: right;">28</span>	<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul> <span style="float: right;">29</span>

### Did you know?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein! Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

# NOVEMBER

# LUNCH

## Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>cheesy ravioli (VG)</li> <li>Broccoli florets</li> </ul>
<p>4</p> <ul style="list-style-type: none"> <li>cheesy beef &amp; salsa nacho dip w/scoops</li> <li>cheese pizza panada pie (VG)</li> <li>Seasoned green beans</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>cheeseburger</li> <li>Glazed carrots</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>Seasoned garbanzo beans</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>chicken potstickers w/not-so-fried rice</li> <li>penne pasta w/meat sauce (DF)</li> <li>Lettuce &amp; tomatoes w/ranch</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>crispy chicken sandwich (DF)</li> <li>Steamed corn</li> </ul>
<p>11</p> <ul style="list-style-type: none"> <li>chicken taco trio</li> <li>bean &amp; cheese pupusa (VG)</li> <li>seasoned green beans</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>mac &amp; cheese and chicken bites</li> <li>bbq rib sandwich</li> <li>Green peas</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>turkey &amp; cheddar sandwich</li> <li>Baby carrots w/ranch</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>spaghetti &amp; meatballs (DF)</li> <li>Corn dogs</li> <li>Pinto beans</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>chicken taco trio</li> <li>Broccoli &amp; carrot salad</li> </ul>
<p>18</p> <ul style="list-style-type: none"> <li>chili &amp; cheese tamale (VG)</li> <li>NEW!! Chicken &amp; waffles</li> <li>chili citrus corn</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>cheeseburger</li> <li>turkey &amp; cheddar sandwich</li> <li>Steamed carrots</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>Garbanzo beans</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>HOLIDAY MEAL</li> <li>Green beans</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>bfast for lunch: pancakes w/sausage</li> <li>beef &amp; cheese burrito</li> <li>coleslaw</li> </ul>
<p>25</p> <ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>

### Did you know?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always: Designed with Kids | Created by Chefs | Nutritionally Balanced | Made with High-Quality Ingredients  
 Learn more about us on our website at [www.revolutionfoods.com](http://www.revolutionfoods.com)



This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily.

DAIRY-FREE (DF) VEGETARIAN (V) options available daily – if not listed on the menu, available upon request.

VEGETABLE OF THE DAY

STUDENT FAVORITE ★

# NOVEMBER



## Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 • GNG educational snacks/sun seeds/string cheese	5 • GNG goldfish pretzels/string cheese	6 • GNG RF honey wheat crackers/sunbutter/string cheese	7 • GNG cinnamon graham/sunbutter/string cheese	8
11 • GNG goldfish pretzels/sunflower seeds/string cheese	12 • GNG ranch rumbles/string cheese/sun seeds	13 • GNG RF honey wheat crackers/sunbutter/string cheese	14 • GNG cheddar goldfish/sun seeds/string cheese	15
18 • GNG educational snacks/sun seeds/string cheese	19 • GNG goldfish pretzels/string cheese	20 • GNG RF honey wheat crackers/sunbutter/string cheese	21 • GNG cinnamon graham/sunbutter/string cheese	22
25 • NO SCHOOL	26 • NO SCHOOL	27 • NO SCHOOL	28 • NO SCHOOL	29 • NO SCHOOL

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**VEGETARIAN (V)** options available daily – if not listed on the menu, available upon request.

**SUPPER:** choice of 1% or fat-free milk; fresh fruit available daily.

**STUDENT FAVORITE** ★