

Menu Info		Name : November 2021 K-8 Breakfast Menu				
		Meal : Breakfast			Meal Pattern : NSLP / SSO	
		Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Breakfast	Three items meet USDA Requirements (One item must be fruit)	<b>Big Bowl Cereal (2 items)</b>	<b>Handmade Strawberry Boli (2 items)</b>	<b>Large Breakfast Bread (2 items)</b>	<b>Conferences</b>	<b>Conferences</b>
		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
		Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)		
<i>Chef's Choice May be Offered Daily</i>						
		Monday, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021
Breakfast	Three items meet USDA Requirements (One item must be fruit)	<b>Large Breakfast Bread (2 items)</b>	<b>Honey Bun (2 items)</b>	<b>Big Bowl Cereal (2 items)</b>	<b>Mini Cinnis (2 items)</b>	<b>Make your own Parfait</b> Toataly Oat Cup (1 item) <b>* Fruited Yogurt (1 item)</b> Must add to bag*
		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
		Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)
<i>Chef's Choice May be Offered Daily</i>						
		Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021
Breakfast	Three items meet USDA Requirements (One item must be fruit)	<b>Big Bowl Cereal (2 items)</b>	<b>Apple Filled Donut (2 items)</b>	<b>Assorted Snackin Waffle (2 items)</b>	<b>Big Bowl Cereal (2 items)</b>	<b>2 oz Muffin (1 item)</b>  <b>*String Cheese (1 item)</b> Must add to bag*
		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
		Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)
<i>Chef's Choice May be Offered Daily</i>						
		Monday, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021
Breakfast	Three items meet USDA Requirements (One item must be fruit)	<b>Handmade Strawberry Boli (2 items)</b>	<b>Big Bowl Cereal (2 items)</b>	<b>Mini Cinnis (2 items)</b>	<b>Thanksgiving Break</b>	<b>Thanksgiving Break</b>
		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
		Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)		
<i>Chef's Choice May be Offered Daily</i>						
		Monday, November 29, 2021	Tuesday, November 30, 2021			
Breakfast	Three items meet USDA Requirements (One item must be fruit)	<b>Big Bowl Cereal (2 items)</b>	<b>Large Breakfast Bread (2 items)</b>			
		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)			
		Choice Milk & Second Fruit <b>OVS</b> (1 item each)	Choice Milk & Second Fruit <b>OVS</b> (1 item each)			
<i>Chef's Choice May be Offered Daily</i>						

\*Skim and 1% milk choices offered daily.  
\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

Menu Info	<b>Name : November 2021 K-8 Lunch Menu</b>		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads		
	Meal : Lunch		Meal Pattern : NSLP / SSO		

	Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Hot Meal	<b>Chicken Tender Dunkers w/Ranch</b> Goldfish Pretzels CKC Baked Beans Fruited Applesauce Choice Milk	<b>Tender Salisbury Steak &amp; Gravy</b> WG Dinner Roll Mashed Potatoes Banana Choice Milk	<b>Stir Fry Chicken Bowl</b> Stir Fry Chicken on Top of Rice Crisp Romaine Salad & Dressing Crisp Varietal Apple & Fortune Cookie Choice Milk	<b>Conferences</b>	<b>Conferences</b>
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Double Cheese Omelet &amp; WG Muffin</b>	<b>Cheese Bosco Sticks w/ Marinara Sauce</b>		
Cold	Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap, Cheetos		

	Monday, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Sun Chips CKC Baked Beans Fruited Applesauce & Choice Milk	<b>Asian Sesame Chicken Wrap</b> WG Tortilla, Breaded Chicken Bites Asian Slaw Mix Baby Carrots & Fortune Cookie Banana & Choice Milk	<b>Creamy Mac &amp; Cheese</b> Fresh Broccoli & Dip Tropical Fruit Mix Vanilla Chat Snax Choice Milk	<b>Chicken &amp; Waffle</b> Chicken Tenders WG Waffle w/Syrup Fresh Sliced Cucumbers Chilled Grapes & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Jicama Sticks w/Dip Crisp Varietal Apple Choice Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Wild Mikes Cheese Bites</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Waffles w/Syrup &amp; Fruited Yogurt Cup</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Caesar Wrap	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich

	Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021
Hot Meal	<b>Premium Chicken Nuggets</b> Ketchup Cool Ranch Doritos & Baby Carrots Fruited Applesauce Choice Milk	<b>Build Your Own Cheesy Nachos</b> Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips, Sour Cream & Cilantro Mixed Salad Greens w/Dressing Banana & Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun, Ketchup & Pickles Creamy Coleslaw Chilled Grapes & Elf Grahams Choice Milk	<b>Chicken Enchilada Rice Bowl</b> Brown Rice w/ Seasoned Chicken Shred Cheese, Lettuce & CKC Boom Sauce Seasoned Black Beans Tropical Fruit Mix & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Cornstastic Salad Crisp Varietal Apple Choice Milk
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Veggie TexMex Wrap</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun

	Monday, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021
Hot Meal	<b>Crispy Louisiana Chicken Bun</b> WG Bun, Pickle Rounds w/ CKC New Orleans Sauce Cornstastic Salad, Carrot Slims & Sun Chips Fruited Applesauce & Choice Milk	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Grape Tomatoes Banana & Choice Milk	<b>Chicken Biryani w/Yogurt Sauce</b> Crisp Mixed Greens Salad & Dressing Lemon Blueberry Crisps Crisp Varietal Apple Choice Milk	<b>Thanksgiving Break</b>	<b>Thanksgiving Break</b>
Hot Veg	<b>Louisiana Veggie Burger</b>	<b>Grilled Cheese Sandwich</b>	<b>Wild Mikes Cheese Bites</b>		
Cold	Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap		

	Monday, November 29, 2021	Tuesday, November 30, 2021	Hot Veg and Cold meals are served with vegetables and fruit of the day		
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Goldfish Pretzels CKC Baked Beans Fruited Applesauce Choice Milk	<b>Yahya! Boneless Chicken Wings</b> Honey Mustard Mild Buffalo Dressed Crisp Broccoli Vanilla Chat Snax Banana & Choice Milk			
Hot Veg	<b>BBQ Garden Burger</b>	<b>Cheesy Pull Apart Bread</b>			
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun			

Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruits and milk)

Days	Monday	Tuesday	Wednesday	Thursday	Friday
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	<b>Grilled Chicken Caesar Salad</b> Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	<b>Grilled Chicken Asian Salad</b> Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	<b>Grilled Chicken Southwest Taco Salad</b> Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	<b>Grilled Chicken Bistro Salad</b> Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	<b>Grilled Chicken Power Green Salad</b> Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

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