

Name: November 2022 K-8 Bagged Breakfast w/ Cereal					
Age Group: K-8		Meal: Breakfast		Meal Pattern: NSLP	
Week II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Breakfast		Apple Filled Donut (2 items)	Variety Sliced Bagel (2 items)	<h2>No School (Conferences)</h2>	
Three items meet USDA Requirements (One item must be fruit)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		
Chef's Choice may be offered					
Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Breakfast	Assorted Big Bowl Cereal (2 items)	French toast Bag (2 items)	Apple Frudel (2 items)	Assorted Big Bowl Cereal (2 Items)	Assorted Large Breakfast Bread (2 items)
Three items meet USDA Requirements (One item must be fruit)	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 OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
Breakfast	Assorted Big Bowl Cereal (2 items)	Strawberry Cream Cheese Stuffed Bagel (2 items)	WG Cinnamon Roll (2 items)	Soft Fruited Oatmeal Breakfast Bar (2 items)	Assorted Single Bowl Cereal (1 Items) WG Blueberry Cake Donut (1 item)
Three items meet USDA Requirements (One item must be fruit)	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 OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week V	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
Breakfast	Assorted Big Bowl Cereal (2 items)	Assorted Large Muffin (2 items)	<h2>No School (Thanksgiving Break)</h2>		
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)			
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)			
Chef's Choice may be offered					
Week VI	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
Breakfast	Assorted Big Bowl Cereal (2 items)	Apple Cinnamon Muffin (2 items)	Assorted Large Breakfast Bread (2 items)	<h3>Connecting to Roots through Food</h3> <p>The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason</p>	
Three items meet USDA Requirements (One item must be fruit)	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 OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Jason's 'Shoofly Pie Recipe' is on Page 2	
Chef's Choice may be offered					

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Name : November 2022 Oakhill Montessori K-8 Grades Lunch Menu			Options Provided : Hot, Hot Vegetarian & Deli Salads		
Age Group : K-8 Grades		Meal : Lunch		Meal Pattern : NSLP	
Week II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal		Chicken Tinga Walking Taco Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Corn Salsa Tropical Fruit Mix & Choice Milk	Meatball Sub w/ Mozzarella Cool Ranch Doritos Crisp Salad & Dressing Banana Choice Milk	No School (Conferences)	
Hot Veg		Creamy Mac & Cheese & Elf Grahams	Veggie Lasagna Roll w/ WG Roll		
Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	Premium Chicken Nuggets Ketchup Seasoned Black Beans Cool Ranch Doritos Variety Applesauce & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Fresh Broccoli & Ranch Tropical Fruit Mix Choice Milk	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Corneriffica Salad Baked Cheetos Banana & Choice Milk	Cheesy Lasagna Roll Mixed Salad & Dressing Summer Grapes Elf Grahams Choice Milk	Fresh Baked Pizza Baby Carrots & Dip Crisp Apple Choice Milk
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich	Veggie Lasagna Roll	Fresh Baked Cheese Pizza
Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
Hot Meal	Queso Meatball Sub WG Bun & Cilantro Nacho Cheese Doritos Cheesy Refried Beans Variety Applesauce & Choice Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Baby Carrots & Dip Tropical Fruit Mix Choice Milk	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Corn Salsa Banana & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Celery Sticks Summer Grapes Choice Milk	Fresh Baked Pizza Mixed Greens Salad & Dressing Crisp Apple Choice Milk
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	Fresh Baked Cheese Pizza
Week V	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Seasoned Black Beans Variety Applesauce & Choice Milk	Pomodoro Meatballs WG Dinner Roll Mashed Potatoes Tropical Fruit Mix Choice Milk	No School (Thanksgiving Break)		
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll			
Week VI	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
Hot Meal	Golden Corn Dog w/ Ketchup Goldfish Pretzels Cornerrific Salad Variety Applesauce Choice Milk	Roasted Curry Chicken Drumstick Old Fashioned Biscuit Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	Cheeseburger Fresh Bakery Bun & Ketchup Baby Carrots & Dip Elf Grahams Banana & Choice Milk	Connecting to Roots through Food The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason	
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Cheeseburger		
Deli Salads <small>(Vegetarian choices come with eggs in the place of chicken)</small>	Grilled Chicken Caesar Salad Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Grilled Chicken SW Taco Salad 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.	Grilled Chicken Bistro Salad 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.	Grilled Chicken Power Green Salad 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.

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

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.