

# NOVEMBER

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 • Blueberry Burst Whole Grain Bagel/Cream Cheese
4 • Cinnamon Chex/Educational Snacks (VG)	5 • Blueberry Muffin	6 • HOT Pancakes w/ Syrup (VG)	7 • HOT Southwest Chicken Chorizo and Cheese Bagel Sandwich	8 • Apple Muffin
11 • No School	12 • Cheerios/Mini Dipperdoodle Bar (DF)	13 • Mini French Toast Muffin & String Cheese	14 • Blueberry Burst Whole Grain Bagel/Cream Cheese	15 • Cornbread with string cheese(DF)
18 • Multigrain Cheerios/Educational Snacks (VG)	19 • HOT Pancakes w/ Syrup (VG)	20 • HOT Turkey, Cheddar Cheese, and Omelet Gordita	21 • HOT Sausage & Cheddar Biscuit FW	22 • Blueberry Burst Whole Grain Bagel/Cream Cheese
25 • Cinnamon Chex/Zac Attack Apple (DF)	26 • Lemon Muffin	27 • THANKSGIVING BREAK	28 • THSNKSGIVING BREAK	29 • THANKSGIVINGBREA K

## 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!

**revolution**foods.

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

**BREAKFAST:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered.

**STUDENT FAVORITE** ★

# NOVEMBER

# LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<ul style="list-style-type: none"> <li>Garden Ranch Salad with Chicken Breast</li> <li>Southwest Veggie Wrap (VG)</li> </ul>
<ul style="list-style-type: none"> <li>Mumbo Grilled Chicken Bites (DF)</li> </ul>	<ul style="list-style-type: none"> <li>Mighty Meaty Deli Combo Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (DF)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Taco Trio</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Caesar Salad</li> </ul>
<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>Nacho dip w/ beef and salsa</li> </ul>	<ul style="list-style-type: none"> <li>Firecracker Chicken with Sesame Noodles</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Enchilada (VG)</li> </ul>	<ul style="list-style-type: none"> <li>Pepperoni Pizza</li> </ul>
<ul style="list-style-type: none"> <li>Bean and Cheese Quesadilla (VG)</li> </ul>	<ul style="list-style-type: none"> <li>Orange Grilled Chicken Bites (DF)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Caesar Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Holiday Meal</li> <li>VG Holiday Meal</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Potstickers</li> </ul>
<ul style="list-style-type: none"> <li>Mighty Meaty Deli Combo Sandwich</li> <li>Baby Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Field Trip</li> </ul>	<ul style="list-style-type: none"> <li>THANKSGIVING BREAK</li> </ul>	<ul style="list-style-type: none"> <li>THANKSGIVING BREAK</li> </ul>	<ul style="list-style-type: none"> <li>THANKSGIVING BREAK</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)

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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

# SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<ul style="list-style-type: none"> <li>Giant Cinnamon Goldfish Grahams</li> </ul>
<ul style="list-style-type: none"> <li>Educational Snacks/String Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Multigrain Rumbles - Ranch</li> </ul>	<ul style="list-style-type: none"> <li>Goldfish "Colors" Cheddar Crackers/String Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Pizza Crackers</li> </ul>	<ul style="list-style-type: none"> <li>String Cheese</li> </ul>
<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>Revolution Foods Honey Wheat Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Goldfish Pretzels/String Cheese</li> </ul>	<ul style="list-style-type: none"> <li>HONEY Grahams</li> </ul>	<ul style="list-style-type: none"> <li>Goldfish "Colors" Cheddar Crackers</li> </ul>
<ul style="list-style-type: none"> <li>Mini Dipperdoodle /String Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Pizza Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Goldfish "Colors" Cheddar Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Goldfish Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>HONEY Grahams</li> </ul>
<ul style="list-style-type: none"> <li>Pizza Crackers</li> </ul>	<ul style="list-style-type: none"> <li>CINNAMON Grahams</li> </ul>	<ul style="list-style-type: none"> <li>THANKSGIVING BREAK</li> </ul>	<ul style="list-style-type: none"> <li>THANKSGIVING BREAK</li> </ul>	<ul style="list-style-type: none"> <li>THANKSGIVING BREAK</li> </ul>

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**SNACK:** fresh fruit available daily except when Sunbutter, string cheese or juice is served.

**STUDENT FAVORITE**

