

# NOVEMBER 2020 Daily Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Breakfast</b> Whole Grain Cereal Strawberry cup <b>Lunch</b> *Chicken Patty Sandwich Ketchup & Mayo or *Veggie Burger Either entrée With Whole Green Apple Carrots	3 <b>Breakfast</b> Pancakes Orange Slices <b>Lunch</b> *Corndog with Ketchup & Mustard Or Chef's Choice Either entrée With Applesauce & Raisels	4 <b>Breakfast</b> Cereal Bar 100% Juice <b>Lunch</b> *Chicken Tenders *Mashed Potato *Roasted Butternut Squash Whole Pear Or *Bean & Cheese Burrito Salsa Whole Pear	5 *Thurs, Fri, Sat, Sun Meals Provided <b>Breakfast</b> Cinnamon French Toast Banana  <b>Lunch</b> *Cheese Pizza Quesadilla Garden Salad with Dressing	6 <b>*No School*</b>  <b>No Meal Distribution. Meals for Friday and the weekend will be handed out on Thursday the 5th.</b>
9 <b>Breakfast</b> Buttermilk Bar Diced Peaches <b>Lunch</b> *Beef Teriyaki Dippers *Brown Rice or Sunbutter Sandwich String Cheese Either entrée With Applesauce Raisins	10 *Tues & Wed Meals Provided <b>Breakfast</b> Hardboiled Egg & Cereal Bar Whole Apple <b>Lunch</b> *Bean & Cheese Burrito or *Beef Burrito Either entrée With Salsa & *Refried Beans	11 <b>*No School*</b>  <b>No Meal Distribution. Meals for Wednesday will be handed out on Tuesday the 10th.</b>	12 <b>Breakfast</b> Yogurt & Granola Blueberries <b>Lunch</b> *Mini Cheeseburger Sliders Ketchup or WowButter Sandwich Either entrée With Orange Slices *Tater Tots	13 <b>Breakfast</b> Mini Cinnis 100% Juice <b>Lunch</b> *Breakfast Sandwich Or Chef's Choice Either entrée With Cucumber Slices Fruit
16 <b>Breakfast</b> Whole Grain Cereal Peach Cup  <b>Lunch</b> *Hamburger Ketchup & Mayo or *Veggie Burger Either entrée With Whole Apple Carrots	17 <b>Breakfast</b> Zee Zee Bar Orange Slices <b>Breakfast for Lunch</b> *Whole Grain Cinnamon & Brown Sugar Oatmeal Sunflower Seeds & String Cheese Or *Pancake on a Stick with String Cheese Either entrée With Blueberries & Strawberries	18 <b>Breakfast</b> Cereal Bar 100% Juice  <b>Lunch</b> Chicken Caesar Salad Shaker Cup Goldfish Crackers Cucumber Slices Or *Bean & Cheese Burrito Applesauce Cucumber Slices	19 <b>Breakfast</b> Cinnamon French Toast Banana <b>Lunch</b> *BBQ Rib Patty Sandwich or *Cheese Breadsticks Marinara Either entrée With Garden Salad with Dressing	20 <b>Breakfast</b> Pumpkin Bread Apple Slices <b>Lunch</b> *Turkey Gravy *Mashed Potatoes Roll Cranberry Sauce or Yogurt Meal Either entrée with Peach Cup Carrots
23 <b>Breakfast</b> Buttermilk Bar Diced Peaches <b>Lunch</b> *Beef Teriyaki Dippers *Brown Rice or Sunbutter Sandwich String Cheese Either entrée With Applesauce Raisins	24 <b>Breakfast</b> Bagel & Cream Cheese Whole Apple <b>Lunch</b> *Bean & Cheese Burrito or *Beef Burrito Either entrée With Salsa & *Refried Beans	25 *Wed, Thurs, Fri Meals Provided <b>Breakfast</b> Cinnamon Bun Carrots (1/2 cup) <b>Lunch</b> *Philly Beef Sub Or *Garlic Cheese Toast Either entrée With Broccoli & Ranch Banana	26 <b>*Thanksgiving Break*</b>  <b>No Meal Distribution. Meals for Thursday &amp; Friday will be handed out on Wednesday the 25th. No weekend meals available.</b>	27 <b>*No School*</b>



**30**  
**Breakfast**  
Whole Grain Cereal  
Strawberry Cup  
**Lunch**  
\*Chicken Patty Sandwich  
Ketchup & Mayo  
or \*Veggie Burger  
Either entrée  
With Whole Apple  
Carrots

*Daily meals must be pre-ordered. Daily meals are for immediate consumption or need to be refrigerated. Menu subject to change. Asterisk (\*) indicates items that will be served HOT. Weekend meals are now provided each Friday and contain frozen items to prepare at home. Cooking instructions can be found on our website.*

*Daily meals are distributed everyday by bus and at elementary sites. Please see our website for pick up times. Daily meals must be pre-ordered and will include breakfast and lunch for 1 day. There will be a vegetarian and non-vegetarian option each day. 1% white milk will be served for breakfast and Non-fat Chocolate milk will be served for lunch (milk can be declined). Soy milk will require a diet prescription on file with Nutrition Services.*

**QUESTIONS?** Call the Nutrition Services Office at 206-631-3010. This institution is an equal opportunity provider. Updated 10/29/2020