

November 2023

Breakfast Menu

Cafeteria and Grab & Go Cart - Jane Addams & Will Rogers

MON		TUES		WED		THURS		FRI	
10/30		10/31		Día De Los Muertos 11/1		11/2		11/3	
Double Chocolate Chip Muffin (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Orange Juice 8 oz NF or 1% White Milk		French Toast with Glazed Peaches (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Sliced Peaches 8 oz NF or 1% White Milk		Concha (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options Applesauce Cup 8 oz NF or 1% White Milk		Banana Chocolate Chunk BeneFit Bar (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Dried Cranberries 8 oz NF or 1% White Milk		Pancake Squares with Sausage Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Apple Juice 8 oz NF or 1% White Milk	
6		7		8		9		10	
Mantecada (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Orange Juice 8 oz NF or 1% White Milk		Variety Bagels with Cream Cheese (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Sliced Peaches 8 oz NF or 1% White Milk		Waffle with Strawberries & Turkey Sausage Variety Cereal with Crackers (v) Seasonal Fruit: Two Options Applesauce Cup 8 oz NF or 1% White Milk		Blueberry Yogurt Cup with Granola (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Dried Cranberries 8 oz NF or 1% White Milk		Veteran's Day Holiday Observed *School not in session*	
13		14		15		16		17	
Double Chocolate Chip Muffin (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Orange Juice 8 oz NF or 1% White Milk		Concha (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Sliced Peaches 8 oz NF or 1% White Milk		French Toast with Glazed Peaches (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options Applesauce Cup 8 oz NF or 1% White Milk		Banana Chocolate Chunk BeneFit Bar (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Dried Cranberries 8 oz NF or 1% White Milk		Pancake Squares with Sausage Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Apple Juice 8 oz NF or 1% White Milk	
20		21		22		23		24	
Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*	
27		28		29		30		12/1	
Mantecada (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Orange Juice 8 oz NF or 1% White Milk		Variety Bagels with Cream Cheese (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Sliced Peaches 8 oz NF or 1% White Milk		Waffle with Strawberries & Turkey Sausage Variety Cereal with Crackers (v) Seasonal Fruit: Two Options Applesauce Cup 8 oz NF or 1% White Milk		Blueberry Yogurt Cup with Granola (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Dried Cranberries 8 oz NF or 1% White Milk		Honeywheat Breakfast Bar (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Apple Juice 8 oz NF or 1% White Milk	

(v) - Vegetarian
(p) - Contains Pork

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November 2023

Lunch Menu

Cafeteria - Jane Addams & Will Rogers

MON		TUES		WED		THURS		FRI	
10/30		10/31		11/1		Minimum Day		11/2	
Grass Fed Beef Hamburger Mandarin Orange Chicken Bowl w/ Broccoli Chipotle Black Bean Burger (v) Seasonal Fresh Fruit: Two Options Corn, Pickles, Jalapeño, Baby Carrots w/ Ranch Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Drumstick & Waffle Bean & Cheese Pupusa with Curtido (v) Seasonal Fresh Fruit: Two Options Cucumbers with Tajin, Jalapeño Garden Fresh Tossed Salad (v) 8 oz NF or 1% White Milk or NF Chocolate	Tamale: Chicken & Red Sauce + String Cheese + Beans Mozzarella Stuffed Breadsticks with Marinara Sauce (v) Seasonal Fresh Fruit: Two Options Jicama w/ Tajin, Spicy Nacho Chickpeas Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Regular or Spicy) Teriyaki Chicken Dumplings w/ Veggies Bean & Cheese Burrito (v) Seasonal Fresh Fruit Baby Carrots with Ranch Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	Pepperoni Pizza Cheese Pizza (v) Tex Mex Chili with Tortilla Chips Mixed Fruit & Seasonal Fresh Fruit Baby Carrots w/ Ranch, Jalapeño Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate					
6		7		8		9		10	
Grass Fed Beef Hamburger Mandarin Orange Chicken Bowl w/ Broccoli + Graham Crackers Chipotle Black Bean Burger (v) Seasonal Fresh Fruit: Two Options Corn, Pickles, Jalapeño, Baby Carrots w/ Ranch Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Drumstick & Waffle Bean & Cheese Pupusa with Curtido (v) Seasonal Fresh Fruit: Two Options Cucumbers with Tajin, Jalapeño Garden Fresh Tossed Salad (v) 8 oz NF or 1% White Milk or NF Chocolate	Tamale: Chicken & Red Sauce + String Cheese + Beans Mozzarella Stuffed Breadsticks with Marinara Sauce (v) HOTM: or Seasonal Fresh Fruit Jicama w/ Tajin, Spicy Nacho Chickpeas Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Regular or Spicy) Teriyaki Chicken Dumplings w/ Veggies Bean & Cheese Burrito (v) Seasonal Fresh Fruit or Strawberry Lemonade Ice (Frozen Juice Cup) Baby Carrots with Ranch Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	Veteran's Day Holiday Observed *School not in session*					
13		14		15		16		17	
Grass Fed Beef Hamburger Mandarin Orange Chicken Bowl w/ Broccoli Chipotle Black Bean Burger (v) Seasonal Fresh Fruit: Two Options Corn, Pickles, Jalapeño, Baby Carrots w/ Ranch Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	BBQ Chicken Drumstick & Roll Bean & Cheese Pupusa with Curtido (v) Seasonal Fresh Fruit: Two Options Cucumbers with Tajin, Jalapeño Garden Fresh Tossed Salad (v) 8 oz NF or 1% White Milk or NF Chocolate	Tamale: Chicken & Red Sauce + String Cheese + Beans Mozzarella Stuffed Breadsticks with Marinara Sauce (v) Seasonal Fresh Fruit: Two Options Jicama w/ Tajin, Spicy Nacho Chickpeas Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Regular or Spicy) Teriyaki Chicken Dumplings w/ Veggies Bean & Cheese Burrito (v) Seasonal Fresh Fruit Baby Carrots with Ranch Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	Pepperoni Pizza + WG Turkey Shaped Cookie Cheese Pizza (v) + WG Turkey Shaped Cookie Tex Mex Chili with Tortilla Chips + WG Turkey Shaped Cookie Mixed Fruit & Seasonal Fresh Fruit Baby Carrots w/ Ranch, Jalapeño Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate					
20		21		22		23		24	
Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*	
27		28		29		30		12/1	
Grass Fed Beef Hamburger Mandarin Orange Chicken Bowl w/ Broccoli Chipotle Black Bean Burger (v) Seasonal Fresh Fruit: Two Options Corn, Pickles, Jalapeño, Baby Carrots w/ Ranch Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Drumstick & Waffle Bean & Cheese Pupusa with Curtido (v) Seasonal Fresh Fruit: Two Options Cucumbers with Tajin, Jalapeño Garden Fresh Tossed Salad (v) 8 oz NF or 1% White Milk or NF Chocolate	Tamale: Chicken & Red Sauce + String Cheese + Beans Mozzarella Stuffed Breadsticks with Marinara Sauce (v) HOTM: or Seasonal Fresh Fruit Jicama w/ Tajin, Spicy Nacho Chickpeas Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Regular or Spicy) Teriyaki Chicken Dumplings w/ Veggies Bean & Cheese Burrito (v) Seasonal Fresh Fruit Baby Carrots with Ranch Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	Pepperoni Pizza Tex Mex Chili with Tortilla Chips Cheese Pizza (v) Mixed Fruit & Seasonal Fresh Fruit Baby Carrots w/ Ranch, Jalapeño Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate					

November 2023

Lunch Menu

Grab & Go Cart - Jane Addams & Will Rogers

MON	TUES	WED	THURS	FRI
10/30		10/31		11/1
		11/2		11/3
Rice Krispies Bento Box (v) Chicken Caesar Salad Yogurt Parfait Corn Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken Protein Bistro Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Chicken Caesar Salad Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Minimum Day	
			PopTart Bento Box Turkey & Cheese Sandwich Wedges Yogurt Parfait Baby Carrots w/ Ranch Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	PB & J Lunch Box (v) Salad with Spicy Chicken Yogurt Parfait Buffalo Ranch Fava Bean Crisps Baby Carrots w/ Ranch Mixed Fruit & Seasonal Fresh Fruit 8 oz NF or 1% White Milk or NF Chocolate
6		7		8
PopTart Bento Box (v) Chicken Caesar Salad Yogurt Parfait Corn Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken B-Day Cake Bistro Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Krypton Caesar Salad w/ Chicken Sweet & Spicy Snack Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Protein Power Pack Turkey & Cheese Sandwich Wedges Yogurt Parfait Baby Carrots w/ Ranch Broccoli w/ Ranch or Buffalo Ranch Fava Bean Crisps Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Veteran's Day Holiday Observed *School not in session*
13		14		15
Rice Krispies Bento Box (v) Chicken Caesar Salad Yogurt Parfait Corn Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken Protein Bistro Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Chicken Caesar Salad Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Turkey & Cheese Sandwich Wedges Yogurt Parfait Baby Carrots w/ Ranch Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	PB & J Lunch Box (v) Salad with Spicy Chicken Yogurt Parfait Buffalo Ranch Fava Bean Crisps Baby Carrots w/ Ranch Mixed Fruit & Seasonal Fresh Fruit 8 oz NF or 1% White Milk or NF Chocolate
20		21		22
Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*
27		28		29
PopTart Bento Box (v) Chicken Caesar Salad Yogurt Parfait Corn Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken B-Day Cake Bistro Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Krypton Caesar Salad w/ Chicken Sweet & Spicy Snack Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Protein Power Pack Turkey & Cheese Sandwich Wedges Yogurt Parfait Baby Carrots w/ Ranch Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	12/1
				Salad with Spicy Chicken Yogurt Parfait Buffalo Ranch Fava Bean Crisps Baby Carrots w/ Ranch Mixed Fruit & Seasonal Fresh Fruit 8 oz NF or 1% White Milk or NF Chocolate

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