

NOVEMBER



BREAKFAST MENU

3 Cinnamon Mini Cinnis Orange Cup	4 Chocolate Chocolate Chip Muffin Apple Slices	5 St. Paul Croissant Breakfast Sandwich Banana	6 Golden Hug Apple Caramel Muffin Apple	7 NO SCHOOL TODAY!
10 Turkey Sausage Breakfast Pizza Orange Cup	11 Chocolate Chocolate Chip Muffin Apple Slices	12 Sweet Heat Turkey Sausage or Egg Biscuit Banana	13 Banana Chocolate Chip Muffin Apple	14 French Toast Sticks Syrup Pear Cup Frozen Fruit Cup
17 Cinnamon Mini Cinnis Orange Cup	18 Chocolate Chocolate Chip Muffin Apple Slices	19 St. Paul Croissant Breakfast Sandwich Banana	20 Celebration Muffin Apple	21 Egg & Cheese Omelet Pear Cup Frozen Fruit Cup
24 Turkey Sausage Breakfast Pizza Orange Cup	25 Chocolate Chocolate Chip Muffin Apple Slices	26 Sweet Heat Turkey Sausage or Egg Biscuit Banana	28 ENJOY THANKSCIVING BREAK!	

DAILY CHOICES

- Assorted Cereals
- Teriyaki Chicken Rice Bowl
- Juice
- Milk

- For nutrient & allergen information, visit SchoolCafe.com/SPPS.
- Menu subject to change.
- This institution is an equal opportunity provider.



NUTRITION SERVICES NOVEMBER



LUNCH MENU

3 Penne Pasta Meat Sauce or Marinara Sauce Garlic Knot

> Cheeseburger or Veggie Burger French Fries

4

Beef or Tofu Bulgogi Jasmine Rice Broccoli

Crispy or Hot & Spicy Chicken Sandwich or Veggie Burger French Fries

5 **TACO DAY**

> Seasoned Beef Refried Beans Shredded Cheese Tortilla Shell

Cheeseburger or Veggie Burger French Fries

6

Pancakes Chicken Sausages Hash Browns

Crispy or Hot & Spicy Chicken Sandwich or Veggie Burger French Fries



10

Regular or Spicy Grilled Cheese Sandwich Homemade **Tomato Soup**

Cheeseburger or Veggie Burger French Fries

11

Orange Chicken or Tofu Jasmine Rice Mixed Vegetable

Crispy or Hot & Spicy Chicken Sandwich or Veggie Burger French Fries

12

Oven Fried Chicken or Plant Based **Tenders Mashed Potatoes** and Gravy Corn Muffin

Cheeseburger or Veggie Burger French Fries

13

Cheeseburger or Veggie Burger

Chicken Sliders or Veggie Burger

French Fries

14

Cheese or Turkey Sausage Pizza

Cheeseburger or Veggie Burger French Fries

17

Cheese Tortellini Alfredo Sauce Shredded Cheese Green Beans Garlic Knots

Cheeseburger or Veggie Burger French Fries

18

Chicken Tinga Frito® Crunch Refried Beans Shredded Cheese Salsa

Crispy or Hot & Spicy Chicken Sandwich or Veggie Burger French Fries

19

Glazed Chicken Bites or Plant Based **Tenders** Corn Garlic Knot

> Cheeseburger or Veggie Burger French Fries

20

French Toast Slices Chicken Sausages Hash Browns

Crispy or Hot & Spicy Chicken Sandwich or Veggie Burger French Fries

21

Dill Chicken Sandwich or Veggie Burger

Cheeseburger or Veggie Burger

French Fries

24

Crispy or Hot & Spicy Chicken Sandwich or Veggie Burger

Cheeseburger or Veggie Burger

French Fries

25

Sliced Turkey Mashed Potatoes and Gravy Dinner Roll

Crispy or Hot & Spicy Chicken Sandwich or Veggie Burger French Fries

26

NACHO DAY

Seasoned Beef Refried Beans Cheese Sauce **Tortilla Chips**

Cheeseburger or Veggie Burger French Fries



Choice bar and milk are available at every meal. For nutrient & allergen information, visit SchoolCafe.com/SPPS. This institution is an equal opportunity provider.

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