

RFMA NOVEMBER MENU

2026

Chef Mikey Presents

My Kid's Lunch

A division of Michael's of Denver Catering
303-778-0916

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Breakfast Bar</i> <i>Fruit Punch</i> <i>Fresh Apple</i> Chicken & Cheese Quesadillas Salsa Black Beans Cinnamon Peaches	3 <i>Maple Waffle</i> <i>Dried Apples</i> <i>Fresh Orange</i> Cheese Stuffed Breadsticks Marinara Dipping Sauce Mixed Veggies Berry Crisp	4 <i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>Apple Juice</i> <i>Assorted Berries</i> Beef Meat Sauce Rotini Pasta Steamed Broccoli Sliced Pears	5 <i>Banana Chocolate Chip</i> <i>Oatmeal Round</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Chicken Nuggets Buttermilk Biscuit BBQ Sauce Steamed Carrots Orange Quarters	6 No School
9 <i>Strawberry Cinnaboli</i> <i>Fruit Punch</i> <i>Fresh Apple</i> Beef Sloppy Joe Wheat Bun Baked Beans Fruit Cup	10 <i>Cinnamon Toast Crunch</i> <i>Cereal Bowl</i> <i>Dried Apples</i> <i>Fresh Orange</i> Meatballs in Marinara Garlic Knot Steamed Broccoli Cinnamon Apples	11 <i>Lemon Poppyseed Muffin</i> <i>String Cheese</i> <i>Apple Juice</i> <i>Fruit Cup</i> Orange Chicken Brown Rice Steamed Carrots Fresh Banana	12 <i>Breakfast Bar</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Popcorn Chicken Ketchup Mashed Potatoes WW Cornbread Muffin Fresh Apple	13 <i>Banana Muffin</i> <i>Vanilla Yogurt</i> <i>Grape Juice</i> <i>Applesauce</i> Garlic Beef Noodles Steamed Mixed Veggies Cinnamon Peaches
16	17	18	19	20

<i>Apple Frudel</i> <i>Fruit Punch</i> <i>Fresh Green Apple</i> Turkey Hot Dog Wheat Bun, Ketchup Baked Beans Cinnamon Apples	<i>Cheerios Bowl</i> <i>String Cheese</i> <i>Dried Apples</i> <i>Fresh Orange</i> Grilled Cheese Steamed Corn Cinnamon Peaches	<i>Mini Bagels</i> <i>w/Strawberry Cream</i> <i>Cheese</i> <i>Apple Juice</i> <i>Applesauce Cup</i> Chicken Nuggets & Waffles Syrup Steamed Carrots Fresh Banana	<i>Cinnamon Roll</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Cheese Calzone Marinara Dipping Sauce Steamed Peas Berry Crisp	<i>Blueberry Muffin</i> <i>Grape Juice</i> <i>Fruit Cup</i> Chicken Tikka Masala Brown Rice Steamed Broccoli Mango Frozen Juice Cup
No School ²³	No School ²⁴	No School ²⁵	Thanksgiving ²⁶	No School ²⁷
No School ³⁰	^{Dec 1} <i>Breakfast Bar</i> <i>Fruit Punch</i> <i>Dried Fruit</i> Grilled Cheeseburger American Cheese Wheat Bun, Ketchup Baked Beans Strawberry Frozen Juice Cup	² <i>Lemon Poppyseed Muffin</i> <i>String Cheese</i> <i>Apple Juice</i> <i>Fruit Cup</i> Pancakes, Syrup Chicken Sausage Patty Hash Browns Orange Quarters	³ <i>Breakfast Bar</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Macaroni & Cheese Popcorn Chicken Steamed Broccoli Fresh Green Apple	⁴ <i>Banana Muffin</i> <i>Vanilla Yogurt</i> <i>Grape Juice</i> <i>Applesauce</i> Mini Cheese Pizzabolis Marinara Dipping Sauce Steamed Carrots Cinnamon Apples

****This institution is an equal opportunity provider and employer.***

*****All meals are served with a choice of 1% or skim white milk. Chocolate milk is offered on Fridays.***

******This menu is subject to change based on item availability***