



November 2023 K-8 Lunch Menu

Breakfast and Lunch is Free for all Students!

**Our menu consists of Whole Grains, Fresh Fruits and Vegetables.
Students must take a fruit and/or vegetable with each lunch.**

All Meals served with milk.

Sunbutter and Jelly and Vegetarian Meals served daily.

V=Vegetarian LG=Locally Grown LTO=Limited Time Offer

HOTM=Harvest of the Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lok Lak with Rice 30 Pizza Cruncher V Asian Chicken Salad with Flatbread Tuna Salad Sandwich on a Bulky Roll Side Salad & Green Beans Apples & Pears	Happy Halloween!! 31 Pork Carnitas Taco on a Tortilla Wrap Chicken Dippers with our New Honey Bee Sauce Pretzel Platter V Turkey BLT Sub Zesty Coleslaw & Broccoli Blood Oranges & Apples	Pasta Primavera with a Breadstick V 1 Hamburger & Cheeseburger Asian Chicken Salad with Flatbread Tuna Salad Sandwich on a Bulky Roll Cucumbers & Carrots LG Bananas & Berry Cup	Waffles and Chicken Sausage 2 Cheesy Potato Breakfast Bake Pretzel Platter V Turkey BLT Sub Roasted Veggies & Green Beans Pears & Fresh Fruit Cup Cookie Monster's Birthday! Get a Cookie with Lunch!	Cheese Pizza V 3 Buffalo Chicken Pizza Asian Chicken Salad with Flatbread Tuna Salad Sandwich on a Bulky Roll Roasted Chickpeas & Red Peppers Apples & Bananas
National Nacho Day 6 Chicken Nachos Chipotle Cheesy Bean Nachos V Omelette with Corn Muffin V Ham Chef Salad with Flatbread LG Italian Sub Carrots LG & Roasted Potatoes Apples & Oranges	No School Election Day 7 	Penne Bolognese with a Breadstick Cheese Quesadilla V 8 Ham Chef Salad with Flatbread LG Italian Sub Cucumbers & Carrots LG Bananas & Berry Cup	Cheese Pizza V 9 HOTM: Green Monster Pizza V LG Bagel Power Pack V LG Moroccan Harissa Chicken Wrap LG Green Beans & Carrots LG Pears & Fresh Fruit Cup	No School Veterans Day 10 
Deluxe Chicken Sandwich with 13 Honey Bee Sauce Hot Pretzel Dippers Chicken Caesar Salad with Flatbread LG Turkey and Cheese Sandwich Roasted Broccoli & Carrots LG Bananas & Berry Cup	Arroz con Pollo 14 BBQ Chicken and Cheddar Flatbread Chocolate Hummus Platter V Caprese Chicken Platter Street Corn Salad & Carrots LG Clementines & Apples	Holiday Meal! 15 Roasted Turkey with Gravy Vegetarian Nuggets V Served with Mashed Potatoes, Stuffing, and a Dinner Roll Roasted Seasonal Vegetable Baked Apple Crisp	Chili Garlic Popcorn Chicken 16 Lo Mein Pizza Crunchers V Chocolate Hummus Platter V Caprese Chicken Sub LG Celery Sticks & Kale Caesar Salad LG Pears & Fresh Fruit Cup	Cheese Pizza V 17 Hawaiian Pizza Chicken Caesar Salad with Flatbread LG Turkey & Cheese Sandwich Red Pepper Strips & Side Salad Apples & Bananas
French Toast Sticks with 20 Chicken Sausage or Vegetarian Sausage V Hamburgers & Cheeseburgers Greek Salad with Flatbread LG Chicken Salad Sandwich Tater Tots & Roasted Butternut Squash Apples & Pears	Beef Taco on a Tortilla Wrap 21 Kickin' Bean Taco on a Tortilla Wrap V Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich Yogurt & Fruit Power Pack Greek Chicken Wrap Chic Pea Salad & Fiesta Corn Oranges & Apples	Early Dismissal 22 	No School Happy Thanksgiving! 23 	24
Chicken Biryani 27 Chickpea Biryani V Bosco Cheese Sticks with Marinara V Chicken Caesar Salad with Flatbread Ham and Cheese Sandwich Green Beans & Carrots Apple & Pears	Chicken Fajita with a Tortilla Wrap 28 Black Bean Taco V Hamburger & Cheeseburger Pizza Platter Chicken Caesar Wrap Roasted Chickpeas & Cucumbers Clementines & Apples	LTO: Spicy Tzatziki Gyro 29 Vegetarian Nuggets with A Roll V Fish and Chips with Coleslaw and A Dinner Roll Kale Chicken Caesar Salad with Flatbread Ham and Cheese Sandwich Corn & Carrots Bananas & Berry Cup	Chicken & Vegetable 30 Dumplings with Mixed Veggies Edamame Dumplings with Mixed Veggies V Chicken Parmesan Sub Pizza Platter Chicken Caesar Wrap Local Brussel Sprouts & Carrots Pears & Fresh Fruit Cups	Cheese Pizza V 1 BBQ Chicken Pizza Kale Chicken Caesar Salad with Flatbread Ham and Cheese Sandwich Red Pepper Strips & Side Salad Apples & Bananas