



## NOVEMBER 2018: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	EGG SANDWICH	FROM THE GRIDDLE	NEW YORK THURSDAY	BAKERY FRESH
			New York Thursday 1	2
			<b>Fresh Fruit Bar</b>	
			New York Bagel Thursday	Tasty Waffles Served with Syrup
			Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly	Turkey Sausage Patty
			Upstate Farms® Yogurt Choice	Back to the Roots® Cinnamon Cluster
			100% Fruit Juice Fresh New York Apples	100% Fruit Juice Fresh Fruit
			New York Thursday 7	8
			<b>Fresh Fruit Bar</b>	<b>Fresh Fruit Bar</b>
			New York Bagel Thursday	Cheese Omelet
			Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly	Hot Cinnamon Knot
			Yogurt Parfait	Back to the Roots® Purple Corn Flakes
			100% Fruit Juice New York Apple Slices	100% Fruit Juice Fresh Fruit
			New York Thursday 14	15
			<b>Fresh Fruit Bar</b>	<b>Fresh Fruit Bar</b>
			New York Bagel Thursday	Cheese Omelet
			Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly	English Muffin
			Upstate Farms® Yogurt Choice	Back to the Roots® Purple Corn Flakes
			100% Fruit Juice Fresh New York Apples	100% Fruit Juice Fresh Fruit
			New York Thursday 21	22
			Thanksgiving Day	Thanksgiving Break
			New York Bagel Thursday	Tasty Waffles Served with Syrup
			Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly	Turkey Sausage Patty
			Upstate Farms® Yogurt Choice	Back to the Roots® Cinnamon Cluster
			100% Fruit Juice Fresh New York Apples	100% Fruit Juice Fresh Fruit
			New York Thursday 28	29
			New York Bagel Thursday	Cheese Omelet
			Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly	Hot Cinnamon Knot
			Yogurt Parfait	Back to the Roots® Purple Corn Flakes
			100% Fruit Juice New York Apple Slices	Spiced Oatmeal
				100% Fruit Juice Fresh Fruit



EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

5	Election Day 6	7	New York Thursday 8	9
Apple Cinnamon Muffin	<b>Egg &amp; Turkey Sausage Sandwich</b> on an English Muffin	Buttermilk Pancakes Served with Syrup	New York Bagel Thursday	Cheese Omelet
Land O'Lakes® Colby Cheese Stick	Organic Stonyfield® Yogurt Served with Craisins & Granola	Turkey Canadian Bacon	Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly	Hot Cinnamon Knot
100% Fruit Juice Fresh Fruit	100% Fruit Juice Fresh Fruit	Spiced Oatmeal	Yogurt Parfait	Back to the Roots® Purple Corn Flakes
		100% Fruit Juice Fresh Fruit	100% Fruit Juice New York Apple Slices	100% Fruit Juice Fresh Fruit
			New York Thursday 14	15
			<b>Fresh Fruit Bar</b>	<b>Fresh Fruit Bar</b>
			New York Bagel Thursday	Cheese Omelet
			Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly	English Muffin
			Upstate Farms® Yogurt Choice	Back to the Roots® Purple Corn Flakes
			100% Fruit Juice Fresh New York Apples	100% Fruit Juice Fresh Fruit
			New York Thursday 21	22
			Thanksgiving Day	Thanksgiving Break
			New York Bagel Thursday	Tasty Waffles Served with Syrup
			Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly	Turkey Sausage Patty
			Upstate Farms® Yogurt Choice	Back to the Roots® Cinnamon Cluster
			100% Fruit Juice Fresh New York Apples	100% Fruit Juice Fresh Fruit
			New York Thursday 28	29
			New York Bagel Thursday	Cheese Omelet
			Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly	Hot Cinnamon Knot
			Yogurt Parfait	Back to the Roots® Purple Corn Flakes
			100% Fruit Juice New York Apple Slices	Spiced Oatmeal
				100% Fruit Juice Fresh Fruit

Milk	Fresh Fruit	OFFERED DAILY	100% Fruit Juice	Cold Cereal Choices
1% Low-fat Fat Free Fat Free Chocolate	<b>Canned Fruit</b> Peaches, Pears, Applesauce	No Artificial Flavors, Colors or Sweeteners in all SchoolFood Products	Apple, Fruit Punch, Grape, Orange	Frosted Mini-Wheats, Cinnamon Flakes, Multi-Grain Cheerios, Frosted, Oats, Back to the Roots®, Organic Purple Corn Flakes & Cinnamon Cluster
Grab and Go Breakfast Pack		Hot Fats Breakfast Item	Breakfast Copping (Toppings): Pretzels, Hot Sauce, Salts	

**ATTENTION:**  
All Pre-K Students CANNOT be Offered CHOCOLATE MILK (ask Can Only Have JUICE on MONDAYS)

**MENUS ARE SUBJECT TO CHANGE  
SCHOOLFOOD MENUS ARE PORK FREE**





## NOVEMBER 2018: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	BURGER	CHICKEN	NEW YORK THURSDAY	PIZZA



EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

			New York Thursday 1	2
			<b>Bite Size Beef Tacos</b> Served with Baked! Tostitos® Scoops®  <b>Stewed Pinto Beans</b>  <b>New York Apple Slices</b>  <b>Salad Bar</b> Taco Station	<b>Classic Cheese Pizza</b>  <b>Supreme Pizza</b>  <b>Garlic Knot</b> Marinara Sauce  <b>Crispy Kale Chips</b> Ranch Carrot Snacker  <b>Salad Bar</b> Pizza Toppings
			New York Thursday 6	7
<b>Mozzarella Sticks</b> Marinara Sauce  <b>Pasta Choice</b>  <b>Slow Roasted Carrots</b>  <b>Frito-Lay® SunChips®</b>  <b>Salad Bar</b> Garden Greens	<b>100% Beef Hamburgers &amp; Cheeseburgers</b>  <b>Turkey Burgers</b>  <b>French Fries</b>  <b>Hot Conchetti Corn</b>  <b>Salad Bar</b> Burger Fixin's	<b>Popcorn Chicken</b> Served With Mac-n-Cheese  <b>Broccoli Trees</b>  <b>Salad Bar</b> Traditional	<b>Chicken Dumplings</b> Served with Vegetable Fried Rice & Egg Roll  <b>New York Cookie Treat</b>  <b>Fresh New York Apples</b>  <b>Salad Bar</b> Local New York	<b>Classic Cheese Pizza</b>  <b>Meat Lovers Pizza</b>  <b>Garlic Knot</b> Marinara Sauce  <b>Roasted Chickpeas with Spinach Cilantro Pesto</b>  <b>Salad Bar</b> Pizza Toppings
			New York Thursday 14	15
<b>Veggie Tacos</b> A Blend of Veggies & Mexicali Beans Served in a Hard Taco Shell  <b>Sweet Plantains</b>  <b>Salad Bar</b> Taco Station	<b>100% Beef New York Hamburgers &amp; Cheeseburgers</b>  <b>Turkey Burgers</b>  <b>Bruschetta Tomato Salad</b>  <b>French Fries</b>  <b>Salad Bar</b> Burger Fixin's	<b>Crispy Chicken Waffle Sandwich</b>  <b>Home Fries</b>  <b>Creamed Spinach</b>  <b>Salad Bar</b> Traditional	<b>Jamaican Beef Patty</b>  <b>Fish &amp; Cheese Sandwich</b>  <b>Roasted Zucchini</b>  <b>New York Chocolate Chip Cookie</b>  <b>New York Apple Slices</b>  <b>Salad Bar</b> New York Local	<b>Classic Cheese Pizza</b>  <b>Ranch Chicken Pizza</b>  <b>Garlic Knot</b> Marinara Sauce  <b>Marinated Bean Salad</b>  <b>Salad Bar</b> Pizza Toppings
			Thanksgiving Day 21	22
<b>Grilled Cheese</b>  <b>Onion Rings</b>  <b>Garlicky Green Beans</b>  <b>Frito-Lay® SunChips®</b>  <b>Salad Bar</b> Garden Greens	<b>100% Beef Hamburgers &amp; Cheeseburgers</b>  <b>Turkey Burgers</b>  <b>Sweet Potato Waffle Fries</b>  <b>Salad Bar</b> Burger Fixin's	<b>Holiday Meal</b> <b>Hot Sliced Turkey</b> with Gravy  <b>Warm Corn Bread</b>  <b>Mashed Potatoes with Gravy</b>  <b>Broccoli Trees</b> New York Cookie Treat <b>Salad Bar</b> Traditional	<b>Bite Size Beef Tacos</b> Served with Baked! Tostitos® Scoops®  <b>Stewed Pinto Beans</b>  <b>New York Apple Slices</b>  <b>Salad Bar</b> Taco Station	<b>Classic Cheese Pizza</b>  <b>Supreme Pizza</b>  <b>Garlic Knot</b> Marinara Sauce  <b>Crispy Kale Chips</b> Ranch Carrot Snacker  <b>Salad Bar</b> Pizza Toppings
			New York Thursday 28	29
<b>Mozzarella Sticks</b> Marinara Sauce  <b>Pasta Choice</b>  <b>Slow Roasted Carrots</b>  <b>Frito-Lay® SunChips®</b>  <b>Salad Bar</b> Garden Greens	<b>100% Beef New York Hamburgers &amp; Cheeseburgers</b>  <b>Turkey Burgers</b>  <b>French Fries</b>  <b>Hot Conchetti Corn</b>  <b>Salad Bar</b> Burger Fixin's	<b>Popcorn Chicken</b> Served With Mac-n-Cheese  <b>Broccoli Trees</b>  <b>Salad Bar</b> Traditional	<b>Chicken Dumplings</b> Served with Vegetable Fried Rice & Egg Roll  <b>New York Cookie Treat</b>  <b>Fresh New York Apples</b>  <b>Salad Bar</b> Local New York	<b>Classic Cheese Pizza</b>  <b>Meat Lovers Pizza</b>  <b>Garlic Knot</b> Marinara Sauce  <b>Roasted Chickpeas with Spinach Cilantro Pesto</b>  <b>Salad Bar</b> Pizza Toppings

OFFERED DAILY			
<b>Entree Alternatives</b> • PB&J Sandwich • Cheese Sandwich • Assorted Deli Sandwiches • Hummus Grab & Go  • Grab and Go Salads Available on Tuesday & Thursday	<b>Milk</b> 1% Low Fat Fat Free Fat Free Chocolate  <b>Dipping Sauce Cups</b> BBQ Ranch Honey Mustard	<b>Fresh Fruit</b>  (No Artificial Flavors, colors or sweeteners in it) SchoolFood Products	<b>Dressings</b> Chipotle Ranch Balsamic Vinaigrette Ranch Asian Sesame Honey Mustard Caesar French Italian Vinaigrette
			<b>Flavor Station</b> Granulated Garlic Red Pepper flakes Parmesan Cheese  The P.K.B. Lunch Menu