



# NOVEMBER

## BREAKFAST MENU



| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
|   |  |   |   | 1<br><b>NO SCHOOL</b>   |
| 4<br><b>NO SCHOOL</b>   | 5<br><b>NO SCHOOL</b>  | 6<br>Cinnamon Raisin Bread<br>Fresh Bananas<br>Organic Milk                         | 7<br>Whole Grain Bread<br>Sun Butter<br>Fresh Bananas<br>Organic Milk | 8<br>Cheerios<br>Chilled Peaches<br>Organic Milk                                  |
| 11<br>Whole Grain French Toast Sticks<br>Applesauce<br>Organic Milk | 12<br>Rice Krispie Cereal<br>Fresh Bananas<br>Organic Milk         | 13<br>Toasted Whole Wheat English Muffins<br>Jelly<br>Chilled Pears<br>Organic Milk | 14<br>Corn Flakes w/Apples & Raisins<br>Organic Milk                  | 15<br>Whole Grain Pancakes<br>Mixed Berries<br>Organic Milk                       |
| 18<br>Whole Grain Waffles<br>Chilled Peaches<br>Organic Milk        | 19<br>Yogurt W/ whole Grain Granola<br>Blueberries<br>Organic Milk | 20<br>Toasted Oat Cereal<br>Fresh Apple Slices<br>Organic Milk                      | 21<br>Banana Bread Muffins<br>Blueberries<br>Organic Milk             | 22<br>Turkey Sausage<br>Breakfast Potatoes<br>Fresh Orange Wedges<br>Organic Milk |
| 25<br>Cinnamon Raisin Bread<br>Fresh Orange Wedges<br>Organic Milk  | 26<br>Whole Grain Pancakes<br>Cinnamon Apples<br>Organic Milk      | 27<br><b>NO SCHOOL</b>  | 28<br><b>NO SCHOOL</b>  | 29<br><b>NO SCHOOL</b>  |

*Additionally, GPS menus contain more of the following healthy menu items: organic milk, juices that are 100% juice and contain no dyes, whole grain pasta, whole grain and whole wheat breads, low-fat cheese, all-natural applesauce, diced fruits stored in juice (not syrup).*

- This menu is subject to change due to unforeseen circumstances.

# NOVEMBER SNACK MENU



| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
|   |   |  |   | 1  |
|   |   |  |   | <b>No School</b>   |
| 4   | 5   | 6  | 7   | 8  |
| <b>No School</b>  | <b>No School</b>  | <b>AM</b><br>Teddy Grahams and Diced Peaches<br><b>PM</b><br>Whole Wheat Bread w/ Apple Butter | <b>AM</b><br>Vanilla Yogurt and Pineapple<br><b>PM</b><br>Pretzels and Applesauce           | <b>AM</b><br>Wheat Thins and Diced Pears<br><b>PM</b><br>Whole Wheat Bread with Apple Butter       |
| 11  | 12  | 13   | 14  | 15   |
| <b>AM</b><br>Goldfish with Fresh Fruit<br><b>PM</b><br>Fruit and Wheat Thins                  | <b>AM</b><br>Vanilla Yogurt and Mandarin Orange<br><b>PM</b><br>Cucumbers and Tortilla Chips w/Ranch Dressing | <b>AM</b><br>Trail Mix and Juice<br><b>PM</b><br>Graham Crackers and Pineapple                 | <b>AM</b><br>Cereal Bar and String Cheese<br><b>PM</b><br>Wheat Thins and Orange Slices     | <b>AM</b><br>Pretzels and Sun Butter<br><b>PM</b><br>Corn Chex and Organic Milk                    |
| 18  | 19  | 20   | 21  | 22   |
| <b>AM</b><br>Corn Chex Cereal and Orange Slices<br><b>PM</b><br>Bagel w/ Cream Cheese & Jelly | <b>AM</b><br>Seasonal Fruit & Vanilla Wafers<br><b>PM</b><br>Goldfish and Juice                               | <b>AM</b><br>Teddy Grahams and Bananas<br><b>PM</b><br>Whole Wheat Tortilla w/Sun Butter       | <b>AM</b><br>Wheat Thins and Baby Carrots w/Ranch Dressing<br><b>PM</b><br>Fruit and Cheese | <b>AM</b><br>Applesauce and Pretzels<br><b>PM</b><br>Carrot Sticks and Pita Chips w/Ranch Dressing |
| 25  | 26  | 27   | 28  | 29   |
| <b>AM</b><br>Goldfish with Fresh Fruit<br><b>PM</b><br>Rice Krispie Treat and Orange Slices   | <b>AM</b><br>Vanilla Yogurt and Pineapple<br><b>PM</b><br>Fruit and Cheese                                    | <b>No School</b>   | <b>No School</b>  | <b>No School</b>   |

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# **NOVEMBER LUNCH MENU**



| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
|  |   |   |  | 1<br><b>No School</b>  |
| 4<br><b>No School</b>  | 5<br><b>No School</b>   | 6<br>Tomato Soup<br>String Cheese<br>Rolls<br>Salad w/ Ranch Dressing<br>Organic Milk       | 7<br>Baked Fish Sticks<br>Steamed Broccoli<br>Fresh Orange Wedges<br>Organic Milk            | 8<br>Cheeseburger<br>Whole Grain Bun<br>Green Peas<br>Chilled Pears<br>Organic Milk                        |
| 11<br>Lightly Breaded<br>Chicken Nuggets<br>Baked Potato Wedges<br>Chilled Peaches<br>Organic Milk | 12<br>Vegetarian Taco:<br>Black Beans<br>Shredded Cheese<br>Lettuce<br>Yellow Corn<br>Sour Cream<br>Whole Grain Tortillas<br>Organic Milk | 13<br>Sandwich Roll<br>Sliced Turkey & Cheese<br>Lettuce<br>Fresh Fruit<br>Organic Milk     | 14<br>Cheese Ravioli<br>Marinara Sauce<br>Green Beans<br>Chilled Pears<br>Organic Milk       | 15<br>Sloppy Joes<br>(Ground Beef)<br>Whole Grain Hot Dog<br>Buns<br>Broccoli<br>Pineapple<br>Organic Milk |
| 18<br>Cheeseburger<br>Whole Grain Buns<br>Tater Tots<br>Fresh Fruit<br>Organic Milk                | 19<br>Whole Grain French<br>Toast<br>Turkey Sausage<br>Pineapple<br>Organic Milk  | 20<br>Grilled Chicken<br>Steamed Broccoli<br>Brown Rice<br>Mandarin Oranges<br>Organic Milk | 21<br>Beefaroni<br>Shredded Mozzarella<br>Cheese<br>Green Peas<br>Applesauce<br>Organic Milk | 22<br>Chicken Tenders<br>Salad w/Ranch<br>Dressing<br>Fresh Bananas<br>Organic Milk                        |
| 25<br>Baked Fish Sticks<br>Steamed Broccoli<br>Fresh Orange Wedges<br>Organic Milk                 | 26<br>Breaded Chicken<br>Patty<br>Whole Grain Bun<br>Peas<br>Fresh Apple Slices<br>Organic Milk   | 27<br><b>No School</b>  | 28<br><b>No School</b>   | 29<br><b>No School</b>   |

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