

NOVEMBER

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 No School	5 Cinnamon Raisin Bread Fresh Bananas Organic Milk	6 Whole Grain Bread Sun Butter Fresh Bananas Organic Milk	7 Cheerios Chilled Peaches Organic Milk
10 Whole Grain French Toast Sticks Applesauce Organic Milk	11 Rice Krispie Cereal Fresh Bananas Organic Milk	12 Toasted Whole Wheat English Muffins Jelly Chilled Pears Organic Milk	13 Corn Flakes w/Apples & Raisins Organic Milk	14 Whole Grain Pancakes Mixed Berries Organic Milk
17 Whole Grain Waffles Chilled Peaches Organic Milk	18 Yogurt w/ Whole Grain Granola Blueberries Organic Milk	19 Toasted Oat Cereal Fresh Apple Slices Organic Milk	20 Banana Bread Muffins Blueberries Organic Milk	21 Turkey Sausage Breakfast Potatoes Fresh Orange Wedges Organic Milk
24 Cinnamon Raisin Bread Fresh Orange Wedges Organic Milk	25 Whole Grain Pancakes Cinnamon Apples Organic Milk	26 No School	27 No School	28 No School

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
3 No School	4 No School	5 AM Berry Animal Crackers and Diced Peaches PM Whole Wheat Bread with Apple Butter	6 AM Vanilla Yogurt and Pineapple PM Pretzels and Applesauce	7 AM String Cheese and Pretzels PM Crackers and Orange Slices
10 AM Whole Grain Goldfish with Fresh Fruit PM Fruit and Cheddar Cheese Crackers	11 AM Vanilla Yogurt and Mandarin Orange PM Cucumbers with Ranch Dressing and Crackers	12 AM Trail Mix PM Graham Crackers and Pineapple	13 AM Crackers and String Cheese PM Cheddar Cheese Crackers and Orange Slices	14 AM Pretzels and Sun Butter PM Corn Chex and Organic Milk
17 AM Corn Chex Cereal and Orange slices PM Bagel w/ Cream Cheese & Jelly	18 AM Seasonal Fruit and Berry Animal Crackers PM Whole Grain Goldfish	19 AM Sweet Potato Crackers and Banana PM Whole Wheat Tortilla with Sun Butter	20 AM Cheddar Cheese Crackers and Carrots w/Ranch Dressing PM Fruit and Cheese	21 AM Applesauce and Pretzels PM Carrots and Crackers w/ Ranch Dressing
24 AM Whole Grain Goldfish with Fresh Fruit PM Graham Crackers and Orange Slices	25 AM Vanilla Yogurt and Pineapple PM Fruit and Cheese	26 No School	27 No School	28 No School

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NOVEMBER LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 No School	5 Tomato Soup Rolls String Cheese Salad w/ Ranch Dressing Organic Milk	6 Baked Fish Sticks Steamed Broccoli Fresh Orange Wedges Organic Milk	7 Cheeseburger Whole Grain Buns Green Peas Chilled1 Pears Organic Milk
10 Lightly Breaded Chicken Nuggets Baked Potato Wedges Chilled Peaches Organic Milk	11 Vegetarian Taco: Black Beans Shredded Cheese Lettuce Yellow Corn Sour Cream Whole Grain Tortillas Organic Milk	12 Sandwich Roll Sliced Turkey & Cheese Lettuce Fresh Fruit Organic Milk	13 Cheese Ravioli Marinara Sauce Green Beans Tossed Vegetable Salad Organic Milk	14 Grilled Chicken Penne Pasta Alfredo Sauce Parmesan Cheese Broccoli Fresh Apple Slices Organic Milk
17 Cheeseburger Whole Grain Bun Tater Tots Fresh Fruit Organic Milk	18 Whole Grain French Toast Turkey Sausage Pineapple Organic Milk	19 Grilled Chicken Steamed Broccoli Brown Rice Mandarin Oranges Organic Milk	20 Beefaroni Shredded Mozzarella Cheese Green Peas Applesauce Organic Milk	21 Chicken Tenders Salad with Ranch Dressing Fresh Bananas Organic Milk
24 Baked Fish Sticks Steamed Broccoli Fresh Orange Wedges Organic Milk	25 Cheeseburger Whole Grain Buns Green Peas Chilled Pears Organic Milk	26 No School	27 No School	28 No School

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