

<i>Menu is subject to change</i>	Monday November 29th	Tuesday November 30th	Wednesday December 1st	Thursday December 2nd	Friday December 3rd
Lunches (1/2c+ Fruit)	Fresh Grapes	Apple Slices	Orange Wedges	Fresh Pear	Fresh Banana
Lunches (1/2c+ Vegetables)	Baby Carrots, Broccoli, Celery Sticks, Tomato Wedges	Baby Carrots, Broccoli. Celery Sticks, Oven Fries	Baby Carrots, Broccoli, Celery Sticks, Tomato Wedges	Baby Carrots, Broccoli Florettes Legumes	Baby Carrots, Broccoli, Celery Sticks, Tomato Wedges
All Lunches (8oz Milk)	White Milk or Soy Milk	White Milk or Soy Milk	White Milk or Soy Milk	White Milk or Soy Milk	White, Choc Milk or Soy Milk
Lunch Choose One:					
Daily Lunch Options	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
	CheeseBurger/Hamburger	Chicken Nuggets / Biscuit	French Toast Sticks/Sausages	Cheesy Nachos	Cheese or Pepperoni Pizza
	or GF/DF/Vegan	or GF/DF/Vegan	or GF/DF/Vegan	or GF/DF/Vegan	or GF/DF/Vegan
	Bean Dip / Tortilla Chips	Veggie/Garbonzo Fried Rice	Fresh Hummus / Tortilla Chips	Busy Bean Chili/Rice	Tamari Tofu w/ Brown Rice
	or Pick one Cold Combo:	or Pick one Cold Combo:	or Pick one Cold Combo:	or Pick one Cold Combo:	or Pick one Cold Combo:
	Sunbuttter/Jelly Sand	Sunbuttter/Jelly Sand	Sunbuttter/Jelly Sand	Sunbuttter/Jelly Sand	Sunbuttter/Jelly Sand
	Yogurt w/Cinnamon Graham	Yogurt w/Cinnamon Graham	Yogurt w/Cinnamon Graham	Yogurt w/Cinnamon Graham	Yogurt w/Cinnamon Graham
	Cereal + Sunflower Seeds	Cereal + Sunflower Seeds	Cereal + Sunflower Seeds	Cereal + Sunflower Seeds	Cereal + Sunflower Seeds
Hummus w/Tortilla Chips	Hummus w/Tortilla Chips	Hummus w/Tortilla Chips	Hummus w/Tortilla Chips	Hummus w/Tortilla Chips	
Breakfast Choose One:					
Daily Breakfast Options	Hot Breakfast Sandwich	Hot Breakfast Sandwich	Hot Breakfast Sandwich	Hot Breakfast Sandwich	Hot Breakfast Sandwich
	Sunbutter/Jelly Sandwich	Sunbutter/Jelly Sandwich	Sunbutter/Jelly Sandwich	Sunbutter/Jelly Sandwich	Sunbutter/Jelly Sandwich
	Yogurt w/ Cinnamon Graham	Yogurt w/ Cinnamon Graham	Yogurt w/ Cinnamon Graham	Yogurt w/ Cinnamon Graham	Yogurt w/ Cinnamon Graham
	Cereal + Sunflower Seeds	Cereal + Sunflower Seeds	Cereal + Sunflower Seeds	Cereal + Sunflower Seeds	Cereal + Sunflower Seeds
Muffin w/ Cheese Stick	Muffin w/ Cheese Stick	Muffin w/ Cheese Stick	Muffin w/ Cheese Stick	Muffin w/ Cheese Stick	
Breakfast (1/2c+ Fruit)	Fresh Orange Wedges	Fresh Grapes	Fresh Fruit	Fresh Banana	Fresh Melon
Breakfast (1/2c Juice)	100% Apple or Orange Juice	100% Apple or Orange Juice	100% Apple or Orange Juice	100% Apple or Orange Juice	100% Apple or Orange Juice
All Breakfast (8oz Milk)	White Milk or Soy Milk	White Milk or Soy Milk	White Milk or Soy Milk	White Milk or Soy Milk	White Milk or Soy Milk