



NOVEMBER

BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 NO SCHOOL	3 Toasted Whole Wheat English Muffins Jelly Chilled Pears Organic Milk	4 NO SCHOOL	5 Whole Grain Pancakes Mixed Berries Organic Milk
8 Whole Grain Waffles Chilled Peaches Organic Milk	9 Yogurt w/ Whole Grain Granola Blueberries Organic Milk	10 Toasted Oat Cereal Fresh Apple Slices Organic Milk	11 Banana Bread Muffins Blueberries Organic Milk	12 Turkey Sausage Breakfast Potatoes Fresh Orange Wedges Organic Milk
15 Cinnamon Raisin Bread Fresh Orange Wedges Organic Milk	16 Corn Flakes Fresh Bananas Organic Milk	17 Yogurt w/ Whole Grain Granola Blueberries Organic Milk	18 Whole Wheat Bagel w/ Cream Cheese Fresh Orange Wedges Organic Milk	19 Breakfast Pizza (Toasted Whole Wheat English Muffin, Cream Cheese & Assorted Toppings) Pineapple Organic Milk
22 Whole Wheat Bagel w/ Cream Cheese Fresh Orange Wedges Organic Milk	23 Whole Grain French Toast Sticks Apple Sauce Organic Milk	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
29 Whole Grain Waffles Applesauce Organic Milk	30 Banana Bread Muffins Blueberries Organic Milk			

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 No School	2 No School	3 AM Trail Mix and Juice PM Graham Crackers and Pineapple	4 No School	5 AM Pretzels and Sun Butter PM Corn Chex and Organic Milk
8 AM Corn Chex Cereal and Orange slices PM Whole Wheat Bagel w/ Cream Cheese & Jelly	9 AM Seasonal Fruit and Vanilla Wafers PM Goldfish and Juice	10 AM Teddy Grahams and Banana PM Whole Wheat Tortilla with Sun Butter	11 AM Wheat Thins and Baby Carrots w/Ranch Dressing PM Fruit and Cheese	12 AM Applesauce and Pretzels PM Carrot Sticks and Pita Chips w/ Ranch Dressing
15 AM Goldfish with Fresh Fruit PM Rice Krispie Treat and Orange Slices	16 AM Vanilla Yogurt and Pineapple PM Fruit and Cheese	17 AM Teddy Grahams and Diced Peaches PM Wheat Thins and Cucumber Slices	18 AM Pretzels & Carrot Sticks w/ Ranch Dressing PM Vanilla Wafers and Fresh Fruit	19 AM Wheat Thins and Diced Pears PM Whole Wheat Bread with Apple Butter
22 AM Baby Carrots with Ranch Dressing and Tortilla Chips PM Vanilla Yogurt and Wafers	23 AM Apple Slices, Pretzels and Sun Butter PM Trail Mix and Juice	24 No School	25 No School	26 No School
29 AM Whole Wheat Bagel w/Cream Cheese & Jelly PM Graham Crackers and Applesauce	30 AM Sliced American Cheese and Wheat Thins PM Seasonal Fruit & Vanilla Wafers			

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NOVEMBER LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 Lightly Breaded Chicken Nuggets Baked Potato Wedges Chilled Peaches Organic Milk	4 No School	6 Sloppy Joes (Ground Chicken) Whole Grain Hot Dog Buns Broccoli Pineapple Organic Milk
8 Cheeseburger Whole Grain Bun Tater Tots Fresh Fruit Organic Milk	9 Whole Grain French Toast Turkey Sausage Pineapple Organic Milk	10 Grilled Chicken Steamed Broccoli Brown Rice Mandarin Oranges Organic Milk	11 Beefaroni Shredded Mozzarella Cheese Green Peas Applesauce Organic Milk	12 Chicken Tenders Salad with Ranch Dressing Fresh Bananas Organic Milk
15 Baked Fish Sticks Steamed Broccoli Whole Grain Rolls Fresh Orange Wedges Organic Milk	16 Whole Grain Pancakes Chicken Sausage Links Applesauce Organic Milk	17 Turkey Breast w/Gravy Green Beans Apple Sauce Rolls Organic Milk	18 Turkey Meatball Marinara Whole Grain Noodles Tossed Vegetable Salad Chilled Pears Organic Milk	19 Breaded Chicken Patty Whole Grain Bun Peas Fresh Apple Slices Organic Milk
22 Chicken Burger Whole Grain Bun Steamed Green Beans Chilled Peaches Organic Milk	23 Chicken Taco Whole Grain Tortilla Shredded Cheese Lettuce Sour Cream Organic Milk	24 No School	25 No School	26 No School
29 Whole Grain Macaroni and Cheese Steamed Broccoli Diced Pears Organic Milk	30 Whole Grain Spanish Rice with Chicken Shredded Cheese Yellow Corn Sour Cream Chilled Peaches Organic Milk			

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