

# November 2019

M	T	W	T	F
				<p><b>Nov 1</b>  <b>Breakfast</b>            Blueberry Burst Bagel            Cream Cheese            Fresh Fruit (multiple variations)            Milk</p> <p><b>Lunch</b>            Pepperoni Pizza            Goldfish Pretzels            Chopped Romaine Lettuce            Grape Tomatoes            Orangy Carrots            Fresh Fruit (multiple variations)            Milk            Chocolate Milk</p>
<p><b>Nov 4</b>  <b>Breakfast</b>            Whole Grain Dipper doodle Bar            Fresh Fruit (multiple variations)            Milk</p> <p><b>Lunch</b>            Flame-Broiled Beef            Pepper Jack            Cheeseburger            Ketchup            Mustard            Goldfish Pretzels            Garbanzos</p>	<p><b>Nov 5</b>  <b>Breakfast</b>            Plain Bagel            Cream Cheese            Fresh Fruit (multiple variations)            Milk</p> <p><b>Lunch</b>            Mighty Meaty Deli            Combo Sandwich            Turkey Salami            Turkey Ham            Mozzarella            Mayonnaise            Savory Sweet</p>	<p><b>Nov 6</b>  <b>Breakfast</b>            Zee Zees Berry            Apple Crisp Bar            Fresh Fruit (multiple variations)            Milk</p> <p><b>Lunch</b>            Crispy Chicken            Sandwich            Ketchup            Steamed Italian            Garlic Corn            Fresh Fruit (multiple variations)</p>	<p><b>Nov 7</b>  <b>Breakfast</b>            Cinnamon Grahams            String Cheese            Orange Juice            Fresh Fruit (multiple variations)            Milk</p> <p><b>Lunch</b>            Sesame Chicken            Salad            Whole Grain            Croutons, Sesame            Vinaigrette Whole            Grain Dinner Roll</p>	<p><b>Nov 8</b>  <b>Breakfast</b>            Blueberry Burst Bagel            Cream Cheese            Fresh Fruit (multiple variations)            Milk</p> <p><b>Lunch</b>            Pepperoni Pizza            Goldfish Pretzels            Chopped Romaine Lettuce            Grape Tomatoes            Orangy Carrots</p>

Edamame Shredded Carrots Fresh Fruit (multiple variations) Milk Chocolate Milk	Potatoes Fresh Fruit (multiple variations) Milk	Milk Chocolate Milk	Honey Wheat Crackers Fresh Fruit (multiple variations) Milk	Fresh Fruit (multiple variations) Milk Chocolate Milk
<b>Nov 11</b> <i>School</i>  <i>Closed</i>  <i>Veteran's</i>  <i>Day</i>	<b>Nov 12</b> Breakfast Zee Zees Cinnamon Crisp Bar Fresh Fruit (multiple variations) Milk  Lunch Pesto Pasta Salad Chicken Steamed Garlic Lime Corn Fresh Fruit (multiple variations) Milk	<b>Nov 13</b> Breakfast Mini French Toast Muffin String Cheese Fresh Fruit (multiple variations) Milk  Lunch Firecracker Chicken Sesame Noodles Green Beans Caramelized Onions Fresh Fruit (multiple variations) Milk Chocolate Milk	<b>Nov 14</b> Breakfast Mini Lemon Muffin String Cheese Pineapple Juice Fresh Fruit (multiple variations) Milk  Lunch Baked Mac & Cheese and Chicken Bites Lunch Combo BBQ Sauce Chili Citrus Black Beans and Corn Fresh Fruit (multiple variations) Milk	<b>Nov 15</b> Breakfast Blueberry Burst Muffin Fresh Fruit (multiple variations) Milk  Lunch Pepperoni Pizza Goldfish Pretzels Chopped Romaine Lettuce Kale Cranberry Salad Grape Tomatoes Orangy Carrots Fresh Fruit (multiple variations) Milk Chocolate Milk
<b>Nov 18</b> Breakfast Yogurt with Honey Grahams Fresh Fruit (multiple variations) Milk  Lunch Flame-Broiled Beef Burger Ketchup Honey Wheat Crackers Ketchup Cilantro Lime Pinto Beans Fresh Fruit (multiple variations) Milk	<b>Nov 19</b> Breakfast Zee Zees Berry Apple Crisp Bar Fresh Fruit (multiple variations) Milk  Lunch Honey Mustard Salad Grilled Chicken Bites Honey Mustard Dressing Whole Grain Dinner Roll String Cheese Fresh Fruit (multiple variations) Milk	<b>Nov 20</b> Breakfast Plain Bagel Cream Cheese Fresh Fruit (multiple variations) Milk  Lunch Chicken Bites Waffle Syrup String Cheese Savory Sweet Potatoes Fresh Fruit (multiple variations) Milk Chocolate Milk	<b>Nov 21</b> Breakfast Zee Zees Cinnamon Crisp Bar Fresh Fruit (multiple variations) Milk  Lunch Holiday Roasted Turkey Gravy Candied Yams Cranberry Sauce Whole Grain Dinner Roll Sautéed Yellow Squash Fresh Fruit (multiple variations)	<b>Nov 22</b> Breakfast Blueberry Burst Bagel Cream Cheese Fresh Fruit (multiple variations) Milk  Lunch Pepperoni Pizza Goldfish Pretzels Kale and Cranberry Salad Fresh Fruit (multiple variations) Milk Chocolate Milk

Chocolate Milk			Milk	
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<p><b>Nov 25</b>  <b>Breakfast</b>  Zee Zees Berry Apple  Crisp Bar  Fresh Fruit (multiple variations)  Milk</p> <p><b>Lunch</b>  The Revolution Hot Dog  Ketchup  Baby Carrots  Fresh Fruit (multiple variations)  Milk  Chocolate Milk</p>	<p><b>Nov 26</b>  <b>Breakfast</b>  Lemon Muffin  Fresh Fruit (multiple variations)  Milk</p> <p><b>Lunch</b>  Honey Mustard Salad with Grilled Chicken Bites  Honey Mustard Dressing  Whole Grain Dinner Roll  String Cheese  Fresh Fruit (multiple variations)  Milk</p>	<p><b>Nov 27</b></p> <p><i>Scho</i></p> <p><i>al</i></p>	<p><b>Nov 28</b></p> <p><i>Than</i></p> <p><i>k-</i></p> <p><i>givin</i></p>	<p><b>Nov 29</b></p> <p><i>Close</i></p>
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**CHEF RESERVES THE RIGHT TO CHANGE MENU FOR SEASONALITY AND NEW MENU**

**INNOVATION.**

Quality Standards: Our menus are based on fresh, seasonal items and we use organic, locally produced ingredients whenever possible. Our meats, baked goods, and produce meet Whole Foods Market's stringent quality standards. All Revolution Foods meals are served with milk that is rBST-free. Vegetarian & Dairy-free options available daily