

# November 2024



| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|---|--|---|---|--|--|
| 27   | 28  | 29   | 30  | 31  | 1  | 2  |
| Breakfast provides the body and brain with fuel after an overnight fast-that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty, like trying to start the car with no petrol! Our food service program offers families the convenience and value for busy parents. |   |  |   |   | <b>BREAKFAST</b><br>Breakfast Bagel<br>Pizza<br><br><b>LUNCH</b><br>Hamburger  | Breakfast Meal<br>Includes Entrée,<br>Milk, and Fruit  |
| 3  | 4   | 5  | 6   | 7   | 8  | 9  |
|  | <b>BREAKFAST</b><br>French Toat<br>Breakfast Bar<br><br><b>LUNCH</b><br>Grilled Chicken<br>Sandwich | <b>BREAKFAST</b><br>Cinnamon<br>Glazed Pancakes<br><br><b>LUNCH</b><br>Bean & Cheese<br>Burrito  | <b>BREAKFAST</b><br>Mini Bagel with<br>Cream Cheese<br><br><b>LUNCH</b><br>Breaded Chicken<br>Chunks      | <b>BREAKFAST</b><br>Apple Frudel<br><br><b>LUNCH</b><br>Chicken Fajita                                    | <b>BREAKFAST</b><br>Maple Waffle<br><br><b>LUNCH</b><br>Pepperoni Pizza  | Join us for free<br>breakfast and<br>lunch every day<br>of school                                  |
| 10   | 11  | 12   | 13  | 14  | 15   | 16   |
|  |   | <b>BREAKFAST</b><br>Cereal Bar &<br>Graham Crackers<br><br><b>LUNCH</b><br>Chicken Patty<br>Sandwich   | <b>BREAKFAST</b><br>Oatmeal Raisin<br>Breakfast Bar<br><br><b>LUNCH</b><br>Chicken & Cheese<br>Quesadilla | <b>BREAKFAST</b><br>Pop-Tart &<br>Cheese Cubes<br><br><b>LUNCH</b><br>Beef & Broccoli<br>and Fried Rice   | <b>BREAKFAST</b><br>Cinnamon Bun<br><br><b>LUNCH</b><br>Buffalo Chicken<br>Wrap  |  |
| 17   | 18  | 19   | 20  | 21  | 22   | 23   |
| Join us for free<br>breakfast and<br>lunch every day<br>of school  | <b>BREAKFAST</b><br>Breakfast Chicken<br>Wrap<br><br><b>LUNCH</b><br>Waffle & Sausage               | <b>BREAKFAST</b><br>Donut Stix<br><br><b>LUNCH</b><br>Bean & Cheese Flat<br>Bread Tostada  | <b>BREAKFAST</b><br>Pumpkin Bread<br><br><b>LUNCH</b><br>Turkey & Cheese<br>Bagel Sandwich                | <b>BREAKFAST</b><br>Soft Filled Cinnamon<br>Toast Crunch<br><br><b>LUNCH</b><br>Breaded Chicken<br>Chunks | <b>BREAKFAST</b><br>Carrot Bun<br><br><b>LUNCH</b><br>Thanksgiving<br>Meal   | Turkey Sub Sack<br>Lunch Every Early<br>Release<br>Wednesday at<br>Riverside Traditional<br>School |
| 24   | 25  | 26   | 27  | 28  | 29   | 30   |
|  | <b>BREAKFAST</b><br>Honey Bar<br><br><b>LUNCH</b><br>Waffle & Sausage                               | <b>BREAKFAST</b><br>Mapple Waffle<br><br><b>LUNCH</b><br>BBQ Chicken Filet<br>Sandwich   | <br><b>Happy Thanksgiving</b><br>Thanksgiving-Recess No School 11/27/24 to 11/29/24                       |   | <b>Lunch Meal Includes</b><br>Entrée, Milk, Fruit and<br>Vegetables<br>Lunch<br>Meal Includes Entrée,<br>Milk, Fruit and<br>Vegetables |  |
| <u>This institution is an equal opportunity provider.</u>  |   | Notes:<br>*Menu is subject to change without prior notice, based on product availability.<br>*Offering Daily Milk choices: 1% White, Fat Free White, and Fat Free Chocolate.<br>*All bread product served to students are 100% Whole Grain |   |   |  |  |