



Monday	Tuesday	Wednesday	Thursday	Friday
			11/01/2018 Whole Grain Waffles Maple Syrup Fresh Oranges Choice of Milk	11/02/2018 Turkey Patty and Biscuit Fresh Red Apples Syrup Choice of Milk
11/05/2018 Sweet Potato Waffles Maple Syrup Fresh Pears Choice of Milk	11/06/2018 WW Apple Cinnamon Muffin Cheese Stick Oranges Choice of Milk	11/07/2018 Wheat Bagels Cream Cheese Fresh Green Apples Choice of Milk	11/08/2018 White WG Loaf Scrambled Eggs Apple Juice Choice of Milk	11/09/2018 Whole Grain Pancakes Syrup (ss) Fresh Red Apples Choice of Milk
11/12/2018 NO SCHOOL TODAY	11/13/2018 Cereal Bananas Choice of Milk	11/14/2018 WG Chai Cheesecake Muffin Fresh Red Apples Choice of Milk	11/15/2018 Yogurt Parfaits & Granola Seedless Grapes Choice of Milk	11/16/2018 Cinnamon Raisin WW Bagels Cream Cheese Fresh Green Apples Choice of Milk
11/19/2018 Sweet Potato Waffles Maple Syrup Fresh Pears Choice of Milk	11/20/2018 Cereal Bananas Choice of Milk	11/21/2018 NO SCHOOL TODAY	11/22/2018 NO SCHOOL TODAY	11/23/2018 NO SCHOOL TODAY
11/26/2018 Cereal Bananas Choice of Milk	11/27/2018 Pumpkin & Cream Cheese Bread Apple Juice Choice of Milk	11/28/2018 Turkey Patty and Biscuit Fresh Red Apples Syrup Choice of Milk	11/29/2018 Cinnamon Raisin WW Bagels Cream Cheese Fresh Green Apples Choice of Milk	11/30/2018 WW Egg Burrito Fresh Pears Choice of Milk

MILK: Choice of unflavored 1% or skim milk. ONE CUP FRESH FRUIT available daily. DAIRY- FREE (DF), GLUTEN FREE (GF), VEGAN (VG) AND VEGETARIAN (V) options available daily upon request. ONE CUP OF LOCALLY GROWN VEGETABLES AND FRUIT DAILY. LOCAL PRODUCE FOR EACH MONTH ARE: (SEPT) watermelon, tomatoes, blackberries, raspberries, beets, zucchini, cantaloupe, red peppers, summer squash, apricots, peaches, cucumbers, green beans, cabbage, nectarines, spinach, eggplant, pears, apples, sweet potatoes, potatoes, grapes and carrots (OCT) Beets, butternut squash, peppers, squash, pumpkin, green beans, carrots, broccoli, eggplant, sweet potatoes, potatoes, cabbage, pears, apples, cauliflower, and kale. (NOV) Beets, butternut squash, carrots, broccoli, sweet potatoes, cabbage, pears, apples, cauliflower, potatoes, and kale.

WG = Whole Grain WW = Whole Wheat