



GENUINE

November Hot Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups	1 Sausage Biscuit Sandwich w/ Jelly Fresh Fruit Skim or 1% Milk	2 Breakfast Cereal Blueberry Oatmeal Bar Fresh Fruit Skim or 1% Milk	3 Whole Grain Waffles(1) Sausage Patty w/Syrup Fresh Fruit Skim or 1% Milk
6 French Toast (3) w/ Syrup Fresh Fruit Skim or 1% Milk	7 Blueberry Muffin Breakfast Chex Mix Fresh Fruit Skim or 1% Milk	8 Egg and Cheese Bagel Sandwich w/ Jelly Fresh Fruit Skim or 1% Milk	9 Homemade Carrot Cinnamon Bread Fresh Fruit Skim or 1% Milk	10 Whole Grain Pancakes (1) Sausage Link w/Syrup Skim or 1% Milk
13 Whole Grain Waffles (2) w/ Syrup Fresh Fruit Skim or 1% Milk	14 Breakfast Cereal Blueberry Oatmeal Bars Fresh Fruit Skim or 1% Milk	15 Genuine Oatmeal with Granola Breakfast Mix Fresh Fruit Skim or 1% Milk	16 Strawberry Yogurt Breakfast Chex Fresh Fruit Skim or 1% Milk	17 French Toast (2) Sausage Link w/ Syrup Fresh Fruit Skim or 1% Milk
20 Pancakes (2) w/ Syrup Fresh Fruit Skim or 1% Milk	21 Strawberry Banana Yogurt Whole Grain Grahams Fresh Fruit Skim or 1% Milk	22 Chicken Biscuit Sandwich w/ Jelly Fresh Fruit Skim or 1% Milk	23 THANKSGIVING HOLIDAY BREAK	24 THANKSGIVING HOLIDAY BREAK
27 French Toast (3) w/ Syrup Fresh Fruit Skim or 1% Milk	28 Breakfast Cereal Strawberry Oatmeal Bars Fresh Fruit Skim or 1% Milk	29 Genuine Oatmeal with Granola Breakfast Mix Fresh Fruit Skim or 1% Milk	30 Whole Grain Bagel w/Cream Cheese Fresh Fruit Skim or 1% Milk	



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November Cold Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups	1 Corn Muffin Grahams Fresh Fruit Skim or 1% Milk	2 Breakfast Cereal w/ Blueberry Oatmeal Bar Fresh Fruit Skim or 1% Milk	3 Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk
6 Vanilla Yogurt Nature Valley Cinnamon Crisp Fresh Fruit Skim or 1% Milk	7 Blueberry Muffin Breakfast Chex Mix Fresh Fruit Skim or 1% Milk	8 Breakfast Cereal w/ Strawberry Oatmeal Bars Fresh Fruit Skim or 1% Milk	9 Homemade Carrot Cinnamon Bread Fresh Fruit Skim or 1% Milk	10 Breakfast Cereal w/ Chocolate Oatmeal Bars Fresh Fruit Skim or 1% Milk
13 Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk	14 Breakfast Cereal w/ Apple Oatmeal Bars Fresh Fruit Skim or 1% Milk	15 Strawberry Yogurt Nature Valley Chocolate Chip Crisp Fresh Fruit Skim or 1% Milk	16 Breakfast Cereal w/ Corn Muffin Fresh Fruit Skim or 1% Milk	17 Banana Muffin Breakfast Chex Mix Fresh Fruit Skim or 1% Milk
20 Breakfast Cereal w/ Nature Valley Cinnamon Crisp Fresh Fruit Skim or 1% Milk	21 Strawberry Banana Yogurt Whole Grain Grahams Fresh Fruit Skim or 1% Milk	22 Breakfast Cereal Blueberry Oatmeal Bar Fresh Fruit Skim or 1% Milk	23 THANKSGIVING HOLIDAY BREAK	24 THANKSGIVING HOLIDAY BREAK
27 Vanilla Yogurt Cup Breakfast Chex Mix Fresh Fruit Skim or 1% Milk	28 Breakfast Cereal w/ Strawberry Oatmeal Bar Fresh Fruit Skim or 1% Milk	29 Apple Cinnamon Muffin Breakfast Chex Mix Fresh Fruit Skim or 1% Milk	30 Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk	



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November Hot Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups	1 Sheppard Pie Sweet Peas & Carrots Fresh Fruit Skim or 1% Milk	2 Popcorn Mac and Cheese Bowl Savory Broccoli Fresh Fruit Skim or 1% Milk	3 Beef Stir-Fry Herb Rice Zesty Carrots Fresh Fruit Skim or 1% Milk
6 Buffalo Chicken Sandwich Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	7 Teriyaki Meatballs Fried Rice Seasoned Green Beans Fresh Fruit Skim or 1% Milk	8 Cajun Pasta Bake Savory Broccoli Fresh Fruit Skim or 1% Milk	9 Chicken and Turkey Jambalaya Red Beans Fresh Fruit Skim or 1% Milk	10 Turkey Bean Chili over Rice Pilaf Zesty Carrots Fresh Fruit Skim or 1% Milk
13 BBQ Cheeseburger Baked Beans Fresh Fruit Skim or 1% Milk	14 Southwest Chicken Spanish Rice Roasted Corn Fresh Fruit Skim or 1% Milk	15 Chicken Broccoli Bake Zesty Carrots Fresh Fruit Skim or 1% Milk	16 Greek Chicken Rice Pilaf Seasoned Green Beans Fresh Fruit Skim or 1% Milk	17 Roasted Turkey Mac and Cheese Collard Greens Fresh Fruit Skim or 1% Milk
20 Sweet and Sour Meatballs Brown Rice Zesty Carrots Fresh Fruit Skim or 1% Milk	21 Chicken Tenders(3) Dinner Roll Herb Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	22 Beef Cheeseburger Sweet Potato Fries Fresh Fruit Skim or 1% Milk	23 THANKSGIVING HOLIDAY BREAK	24 THANKSGIVING HOLIDAY BREAK
27 BBQ Chicken Sandwich Sweet Potato Fries Fresh Fruit Skim or 1% Milk	28 Turkey Pizza Savory Green Beans Fresh Fruit Skim or 1% Milk	29 Tso Chicken Fried Rice Savory Broccoli Fresh Fruit Skim or 1% Milk	30 Pasta Primavera Zesty Carrots Fresh Fruit Skim or 1% Milk	



GENUINE

November Cold Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups	1 Turkey Ham Pasta Salad Fresh Green Beans Fresh Fruit Skim or 1% Milk	2 Italian Turkey Sub Broccoli Ranch Slaw Fresh Fruit Skim or 1% Milk	3 Chicken Tomato Mozzarella Sandwich Corn Edamame Salad Fresh Fruit Skim or 1% Milk
6 Roast Beef Sandwich Potato Salad Fresh Fruit Skim or 1% Milk	7 Crispy Chipotle Ranch Wrap Fresh Broccoli Florets Fresh Fruit Skim or 1% Milk	8 Greek Chicken Pita Chickpea Salad Fresh Fruit Skim or 1% Milk	9 Pesto Chicken Pasta Salad Fresh Baby Carrots Fresh Fruit Skim or 1% Milk	10 Southern BBQ Chicken Sandwich Cheesy Pasta Salad Fresh Fruit Skim or 1% Milk
13 NOLA Sandwich Cucumber Tomato Salad Fresh Fruit Skim or 1% Milk	14 Turkey Pasta Salad Fresh Green Beans Fresh Fruit Skim or 1% Milk	15 Chicken Aioli Sandwich Green Bean Pasta Fresh Fruit Skim or 1% Milk	16 Buffalo Crispy Chicken Wrap Carrot & Celery Sticks Fresh Fruit Skim or 1% Milk	17 Italian Turkey Sub Broccoli Ranch Slaw Fresh Fruit Skim or 1% Milk
20 Turkey Club Sandwich Cheesy Pasta Salad Fresh Fruit Skim or 1% Milk	21 Crispy Ranch Wrap Fresh Green Beans Fresh Fruit Skim or 1% Milk	22 Curry Chicken Sandwich 3 Bean Green Salad Fresh Fruit Skim or 1% Milk	23 THANKSGIVING HOLIDAY BREAK	24 THANKSGIVING HOLIDAY BREAK
27 Chicken Tomato Mozzarella Sandwich Corn Edamame Salad Fresh Fruit Skim or 1% Milk	28 Chicken Pesto Sandwich Fresh Baby Carrots Fresh Fruit Skim or 1% Milk	29 Turkey Ham Pasta Salad Fresh Green Beans Fresh Fruit Skim or 1% Milk	30 NOLA Wrap Potato Salad Fresh Fruit Skim or 1% Milk	



GENUINE

November Vegetarian Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups	1 Sheppard Pie Sweet Peas & Carrots Fresh Fruit Skim or 1% Milk	2 Popcorn Mac and Cheese Bowl Savory Broccoli Fresh Fruit Skim or 1% Milk	3 Beef Stir-Fry Herb Rice Zesty Carrots Fresh Fruit Skim or 1% Milk
6 Buffalo Chick'N Sandwich Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	7 Teriyaki Veggie Meatballs Fried Rice Seasoned Green Beans Fresh Fruit Skim or 1% Milk	8 Cajun Pasta Bake Savory Broccoli Fresh Fruit Skim or 1% Milk	9 Chick'N Jambalaya Red Beans Fresh Fruit Skim or 1% Milk	10 Veggie Bean Chili over Rice Pilaf Zesty Carrots Fresh Fruit Skim or 1% Milk
13 Black Bean Burger Baked Beans Fresh Fruit Skim or 1% Milk	14 Southwest Chick'N Spanish Rice Roasted Corn Fresh Fruit Skim or 1% Milk	15 Chick'N Broccoli Bake Zesty Carrots Fresh Fruit Skim or 1% Milk	16 Greek Chick'N Rice Pilaf Seasoned Green Beans Fresh Fruit Skim or 1% Milk	17 Roasted Chick'N Mac and Cheese Collard Greens Fresh Fruit Skim or 1% Milk
20 Sweet and Sour Veggie Meatballs Brown Rice Fresh Fruit Skim or 1% Milk	21 Chick'N Tenders(3) Dinner Roll Herb Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	22 Black Bean Burger Sweet Potato Fries Fresh Fruit Skim or 1% Milk	23 THANKSGIVING HOLIDAY BREAK	24 THANKSGIVING HOLIDAY BREAK
27 BBQ Chicken Sandwich Sweet Potato Fries Fresh Fruit Skim or 1% Milk	28 Cheese Pizza Savory Green Beans Fresh Fruit Skim or 1% Milk	29 Tso Chicken Fried Rice Savory Broccoli Fresh Fruit Skim or 1% Milk	30 Pasta Primavera Zesty Carrots Fresh Fruit Skim or 1% Milk	



GENUINE

November Supper Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups	1 Southwest Chicken Spanish Rice Roasted Corn Fresh Fruit Skim or 1% Milk	2 BBQ Cheeseburger Baked Beans Fresh Fruit Skim or 1% Milk	3 Chicken Broccoli Bake Seasoned Carrots Fresh Fruit Skim or 1% Milk
6 BBQ Chicken Sandwich Baked Beans Fresh Fruit Skim or 1% Milk	7 Sheppard Pie Savory Peas and Carrots Fresh Fruit Skim or 1% Milk	8 NOLA Sandwich Herb Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	9 Chicken Alfredo Garlic Broccoli Fresh Fruit Skim or 1% Milk	10 Cajun Pasta Bake Seasoned Carrots Fresh Fruit Skim or 1% Milk
13 Teriyaki Meatballs Fried Rice Seasoned Green Beans Fresh Fruit Skim or 1% Milk	14 Chicken and Turkey Jambalaya Red Beans Fresh Fruit Skim or 1% Milk	15 Popcorn Mac and Cheese Bowl Zesty Broccoli Fresh Fruit Skim or 1% Milk	16 Turkey Meatloaf Mashed Sweet Potatoes Collard Greens Fresh Fruit Skim or 1% Milk	17 Chicken Fajita Bowl Sweet Plantains Fresh Fruit Skim or 1% Milk
20 Turkey Pizza Seasoned Carrots Fresh Fruit Skim or 1% Milk	21 BBQ Chicken Mac and Cheese Roasted Corn Fresh Fruit Skim or 1% Milk	22 Sweet Sour Meatballs Brown Rice Seasoned Green Beans Fresh Fruit Skim or 1% Milk	23 THANKSGIVING HOLIDAY BREAK	24 THANKSGIVING HOLIDAY BREAK
27 Chicken Tenders(3) Dinner Roll Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	28 Greek Chicken Rice Pilaf Broccoli Fresh Fruit Skim or 1% Milk	29 Chicken and Waffles Sweet Potato Fries Fresh Fruit Skim or 1% Milk	30 Southwest Chicken Spanish Rice Seasoned Green Benas Fresh Fruit Skim or 1% Milk	



GENUINE

November Allergen Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups	1 Sheppard Pie Sweet Peas Fresh Fruit Skim or 1% Milk	2 Chicken Mac and Cheese Bowl Savory Broccoli Fresh Fruit Skim or 1% Milk	3 Beef Stir-Fry Herb Rice Zesty Carrots Fresh Fruit Skim or 1% Milk
6 Buffalo Chicken Sandwich Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	7 Teriyaki Chicken Fried Rice Green Peas Fresh Fruit Skim or 1% Milk	8 Roasted Chicken Brown Rice Savory Broccoli Fresh Fruit Skim or 1% Milk	9 Chicken and Turkey Jambalaya Red Beans Fresh Fruit Skim or 1% Milk	10 Turkey Bean Chili over Rice Pilaf Zesty Carrots Fresh Fruit Skim or 1% Milk
13 BBQ Burger Baked Beans Fresh Fruit Skim or 1% Milk	14 Southwest Chicken Spanish Rice Roasted Corn Fresh Fruit Skim or 1% Milk	15 Arroz con Pollo Sweet Plantains Fresh Fruit Skim or 1% Milk	16 Greek Chicken Rice Pilaf Savory Broccoli Fresh Fruit Skim or 1% Milk	17 Chicken Tenders(4) Herb Roasted Potato Wedges Fresh Fruit Skim or 1% Milk
20 Sweet and Sour Chicken Brown Rice Fresh Fruit Skim or 1% Milk	21 Roasted Turkey Mac and Cheese Collard Greens Fresh Fruit Skim or 1% Milk	22 BREAK NO SCHOOL	23 BREAK NO SCHOOL	24 BREAK NO SCHOOL
27 BBQ Chicken Sandwich Sweet Potato Fries Fresh Fruit Skim or 1% Milk	28 Turkey Ham Brown Rice Green Beans Fresh Fruit Skim or 1% Milk	29 Tso Chicken Fried Rice Savory Broccoli Fresh Fruit Skim or 1% Milk	30 Roasted Chicken Mashed Potato Zesty Carrots Fresh Fruit Skim or 1% Milk	



GENUINE

November Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups	1 String Cheese Apple	2 Giant Vanilla Goldfish Grahams 100% Juice 6oz	3 Nature Valley Chocolate Crisp Pear
6 French Toast Goldfish Orange	7 Nature Valley Cinnamon Crisp 100% Juice 6oz	8 String Cheese Apple	9 Goldfish Pretzels Pear	10 Giant Cinnamon Goldfish Grahams 100% Juice 6oz
13 Goldfish Cheddar Orange	14 String Cheese Apple	15 Giant Vanilla Goldfish Grahams 100% Juice 6oz	16 Nature Valley Chocolate Crisp Pear	17 Goldfish Pretzels Orange
20 French Toast Goldfish 100% Juice 6oz	21 Nature Valley Cinnamon Crisp Apple	22 String Cheese 100% Juice 6oz	23 Goldfish Cheddar Pear	24 Giant Cinnamon Goldfish Grahams Orange
27 Goldfish Pretzels 100% Juice 6oz	28 String Cheese Apple	29 Giant Vanilla Goldfish Grahams 100% Juice 6oz	30 Nature Valley Chocolate Crisp Pear	