



NOVEMBER

Breakfast Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| | | 1 | 2 | 3 |
| <p>Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.</p> <p>Carb grams indicated in ORANGE.</p> | <p>High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit options</p> | <p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p> | <p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 270mg Sugar: 54g</p> | <p>Cocoa Puffs Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 345 Sodium: 145mg Sugar: 48g</p> |
| 6 | 7 | 8 | 9 | 10 |
| <p>Cinnamon Toast Cereal Graham Cracker 11g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 350 Sod: 205mg Sugars: 48g</p> | <p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p> | <p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p> | <p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 270mg Sugar: 54g</p> | <p>Trix Cereal Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 345 Sodium: 145mg Sugar: 48g</p> |
| 13 | 14 | 15 | 16 | 17 |
| <p>Cheerios 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 350 Sod: 220mg Sugars: 48g</p> | <p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p> | <p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p> | <p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 270mg Sugar: 54g</p> | <p>Cocoa Puffs Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 345 Sodium: 145mg Sugar: 48g</p> |
| 20 | 21 | 22 | 23 | 24 |
| <p>Cinnamon Toast Cereal Graham Cracker 11g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 350 Sod: 205mg Sugars: 48g</p> | <p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p> | | | |
| 27 | 28 | 29 | 30 | |
| | <p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p> | <p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p> | <p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 270mg Sugar: 54g</p> | CHATA CATA |

Menus are subject to change due to availability of food or unplanned school closings.
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
 Contact: Melissa Bryant 614.747.0196



NOVEMBER

CATA LUNCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| | | 1 | 2 | 3 |
| Carb grams indicated in ORANGE. Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g. | High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit options | Taco Wednesday Chix Burrito 25g Corn & Bean Salad 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g | Chix Nuggets 14g Veg Baked Beans 30g Applesauce 17g Cal: 550 Sodium: 665mg Sugar: 70g | Mac & Cheese 31g Broccoli 3g Cornbread Muffin 24g Pear 25g Cal: 387 Sodium: 424mg Sugar: 21g |
| 6 | 7 | 8 | 9 | 10 |
| Corn Dog 36g S/P Fries 24g Fruit Slushie Cup 22g Cal: 540 Sodium: 384 Sugar: 52g | Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g | Taco Wednesday Chix Burrito 25g Corn & Bean Salad 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g | Chix Patty on a WG Bun 13g Veg Baked Beans 19g Banana 30g Cal: 579 Sodium: 786mg Sugar: 45g | Grilled Cheese 31g Mixed Vegetables 10g Oranges 21g Cal: 420 Sodium: 600mg Sugar: 9g |
| 13 | 14 | 15 | 16 | 17 |
| BBQ Meatball Sub on a WG Bun 22g S/P Fries 28g Banana 24g Cal: 700 Sodium: 880 Sugar: 33g | Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g | Taco Wednesday Chix Burrito 25g Corn & Bean Salad 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g | Chix Nuggets 14g Veg Baked Beans 30g Applesauce 17g Cal: 550 Sodium: 665mg Sugar: 70g | Johnny Marzetti 34g Broccoli 3g WG Roll 24g Pears 25g Cal: 526 Sodium: 489mg Sugar: 26g |
| 20 | 21 | 22 | 23 | 24 |
| Corn Dog 36g S/P Fries 24g Fruit Slushie Cup 22g Cal: 540 Sodium: 384 Sugar: 52g | Chix Drumstick 6g Broccoli 2g Mashed Potatoes 22g WG Roll 12g Cal: 465 Sodium: 375mg Sugar: 36g | | | |
| 27 | 28 | 29 | 30 | |
| NO SCHOOL TEACHER WORKDAY | Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g | Taco Wednesday Chix Burrito 25g Corn & Bean Salad 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g | Chix Patty on a WG Bun 13g Veg Baked Beans 19g Banana 30g Cal: 579 Sodium: 786mg Sugar: 45g | |

Menus are subject to change due to availability of food or unplanned school closings.
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
 Contact: Melissa Bryant 614.747.0196