### Weekly Salads:

- **11/1–11/2:** Turkey Bacon Ranch
- **11/5–11/9:** Popcorn Chicken
- **11/13–11/16:** Chef Salad
- **11/19–11/20:** Turkey Bacon Ranch
- **11/26–11/30:** Popcorn Chicken

*All salads served w/same sides as Yogurt Meal

*All Cold options served w/fruit & fresh veggie cruncher cup

100% Juice available daily at lunch

### Daily Breaks

**Breakfast Options:**

Student’s must select 1 Fruit and/or Juice (pick one or two)

Available Daily: Breakfast Break

**Milk Choices:**

- Unflavored—1%
- Fat Free Chocolate—1%

**No Breakfast served on a 2 hour delay**

### Pre-K Meals in Classroom USDA Regulations

- Only Skim milk or 1% unflavored milk offered
- Juice offered only at Breakfast
- No Taco Chips—Flour tacos will be offered
- No Hot Dogs—alternate meal will be offered
- No Bone in Chicken—alternate meal will be offered
- Breakfast Cereal option—Cinn. Toast Crunch only

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Meet our distributors supporting Farm to School!

Located in Ontario, New York, Headwater Food Hub distributes fresh meats, cheeses, and produce around New York State. The delicious pears on our menu come from a farm in Niagara County distributed through the Headwater Food Hub.

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**Daily Breakfast Options:**

Student’s must select 1 Fruit and/or Juice (pick one or two)

Available Daily: Breakfast Break

**Milk Choices:**

- Unflavored—1%
- Fat Free Chocolate—1%

**No Breakfast served on a 2 hour delay**

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**Daily Choices on Cold Serving Line:**

- Assorted Sandwiches/Wraps
- PB&J Sandwich
- Fruit/Yogurt Parfaits (T/Th)
- Yogurt Meal
- 4 oz. yogurt, string cheese
  
Served with:

- Mon/Tues/Wed:
  Soft Pretzel

- Thurs: UBR  
- Fri: Granola

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**Breakfast Menu Options for November 2018**

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast Options</th>
<th>Lunch Options</th>
</tr>
</thead>
</table>
| **Monday, Nov 5** | Mini Pancakes
Assorted Fruit
Milk | Chicken Nuggets
Dipping Sauce
Sweet Potato Cross
Trax
Glazed Carrots
Fresh Apple
Milk
2nd Choice:
Cheese Pizza |
| **Tuesday, Nov 6** | Yogurt w/Cinnamon Graham
or Overnight Oats
Assorted Fruit
Milk | Taco Salad
w/Assorted Toppings
Seasoned Rice
Corn
Chilled Mixed Fruit
Milk
2nd Choice:
Stuffed Crust Pizza |
| **Wed., Nov 7** | Bagel Breakfast Pizza
Assorted Fruit
Milk | Brunch at Lunch!
French Toast Sticks
Sausage Patty
Potato Puffs
Fresh Orange
Milk
2nd Choice:
Stuffed Crust Pizza |
| **Thursday, Nov 8** | Mini Cinnis
Assorted Fruit
Milk | NY Thursday!
Southwest Chicken
Chili
Chips, Cheddar
Cheese, Sour Cream
Garden Salad
w/Chickpeas
Fresh Pear / Milk
2nd Choice:
Quesadilla Pizza |
| **Friday, Nov 9** | Egg/Cheese Wrap
Assorted Fruit
Milk | Stuffed Crust Pizza
Garden Salad
w/ Chickpeas
Assorted Fresh Fruit
Milk |
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>2nd Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, November 12</td>
<td><strong>Veteran's Day</strong> No School Today</td>
<td><strong>Breakfast</strong></td>
<td>Frudel</td>
</tr>
<tr>
<td></td>
<td>Mini Pancakes</td>
<td>Assorted Fruit</td>
<td>Assorted Fruit / Milk</td>
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</tr>
<tr>
<td>Tuesday, November 13</td>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td>Popcorn Chicken Dipping Sauce</td>
</tr>
<tr>
<td></td>
<td>Frudel</td>
<td></td>
<td>Oven Baked Crinkle Fries</td>
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<td></td>
<td>Glazed Carrots</td>
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<td></td>
<td>Fresh Apple</td>
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<td></td>
<td></td>
<td></td>
<td>Milk</td>
</tr>
<tr>
<td>Wednesday, November 14</td>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td>Meatball Sub</td>
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<tr>
<td></td>
<td>Breakfast Pizza</td>
<td></td>
<td>Oven Baked Potato Wedges</td>
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<td></td>
<td>Veggie Cruncher Cup w/Dip</td>
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<td></td>
<td></td>
<td>Chilled Pears</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Milk</td>
</tr>
<tr>
<td>Thursday, November 15</td>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td>Turkey &amp; Gravy Stuffed</td>
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<tr>
<td></td>
<td>French Toast Sticks</td>
<td></td>
<td>Mashed Potatoes/Corn</td>
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<td></td>
<td></td>
<td>Cranberry Sauce</td>
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<td></td>
<td></td>
<td>Chilled Peaches</td>
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<td></td>
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<td></td>
<td>Fruit Crisp</td>
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<tr>
<td>Friday, November 16</td>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td>Egg/Cheese Wrap</td>
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<tr>
<td></td>
<td>Egg/Cheese Wrap</td>
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<td>Garden Salad</td>
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<td></td>
<td></td>
<td>w/Chickpeas</td>
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<tr>
<td></td>
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<td></td>
<td>Assorted Fresh Fruit</td>
</tr>
</tbody>
</table>

**Thanksgiving!**

**Enjoy Your Holiday! See You Monday!**