

# Breakfast

**NOVEMBER 2024**

**MON      TUE      WED      THU      FRI**

				1 Cocoa Cherry Bar Grab & Go Milk
4 Cinnamon Bar Grab & Go Milk	5 Strawberry Yogurt WG Chocolate Graham Crackers Grab & Go	6 Trix Cereal Grab & Go	7 WG Plain Bagel Grab & Go	8 WG Blueberry Muffin Grab & Go Milk
	Breakfast Pizza 100% Apple Juice Pineapple Tibits Milk	Hot Breakfast Cinnamon Bun 100% Grape Juice Diced Peaches Milk	WG Waffles 100% Orange Tangerine Juice Applesauce Milk	
11 Banana Muffin Grab & Go Milk	12 Strawberry Yogurt WG Chocolate Graham Crackers Grab & Go	13 WG Frosted Corn Flakes Grab & Go	14 Reduced Sugar Cinnamon Toast Crunch Grab & Go	15 Cinnamon Crisp Bar Grab & Go Milk
	Apple Frudel 100% Apple Juice Pineapple Tibits Milk	Hot Breakfast Honey Cinnamon Butter Biscuit 100% Grape Juice Diced Peaches Milk	WG Mini Maple Pancakes 100% Orange Tangerine Juice Applesauce Milk	
18 Cocoa Cherry Bar Grab & Go Milk	19 Strawberry Yogurt WG Chocolate Graham Crackers Grab & Go	20 Honey Cheerios Grab & Go	21 WG Plain Bagel Grab & Go	22 Apple Cinnamon Cheerios Grab & Go Milk
	Cinnamon Bun 100% Apple Juice Pineapple Tibits Milk	Hot Breakfast Dutch Waffle 100% Grape Juice Diced Peaches Milk	Mini Sausage & Cheese Flatbread 100% Orange Tangerine Juice Applesauce Milk	
25 Multi-Grain Cheerios Grab & Go Milk	26 Strawberry Yogurt WG Chocolate Graham Crackers Grab & Go	27 WG Cinnamon Raisin Bagel Grab & Go	28 WG Honey Cheerios Grab & Go	29 Cocoa Cherry Bar Grab & Go Milk
	Cheesy Biscuit 100% Apple Juice Pineapple Tibits Milk	Hot Breakfast Apple Fruedel 100% Grape Juice Diced Peaches Milk	WG French Toast 100% Orange Tangerine Juice Applesauce Milk	

## DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



# Lunch

**NOVEMBER 2024**

**MON      TUE      WED      THU      FRI**

				<p>1 French Bread Cheese Pizza<sup>v</sup> or Chicken Breast Sandwich on WW Bread Fresh Baby Carrots w/ Ranch Dressing Raisins Milk</p>
<p>4 Cheeseburger on WW Bun or Egg &amp; Cheese English Muffin Sandwich Roasted Potatoes Fresh Orange</p>	<p>5 Turkey Salsa Bowl w/ Ranchero Brown Rice &amp; Stewed Pinto Beans or Latin Bean Melt Flatbread with Stewed White Beans Fresh Pear Milk</p>	<p>6 Pancakes w/ Fried Egg &amp; Turkey Sausage Bites, Syrup Roasted Sweet Potatoes or Thai Noodle Bowl Fresh Baby Carrots/Ranch Dressing Fresh Apple</p>	<p>7 Meatballs w/ Tomato Sauce Spaghetti &amp; Broccoli or Cobb Salad Pita Bread Ranch Dressing Fresh Banana Milk</p>	<p>8 Cheese Pizza<sup>v</sup> Fresh Garden Side Salad Or Turkey &amp; Cheese Sandwich Fresh Garden Side Salad/Italian Dressing Raisins</p>
<p>11 Chicken Nuggets Baked Beans or Falafel Bites w/ Quinoa Pilaf &amp; Black Beans and Tomatoes Fresh Orange Milk</p>	<p>12 Macaroni &amp; Cheese &amp; Steamed Broccoli or Meatballs w/ Tomato Sauce &amp; Steamed Broccoli/WG Club Roll Fresh Pear Milk</p>	<p>13 French Toast w/ Scrambled Eggs, Syrup or Breaded Chicken Cutlet on WW Bun Roasted Sweet Potatoes Fresh Apple</p>	<p>14 Adobo Chicken w/ Cilantro Brown Rice &amp; Street Corn or Veggie Burger on WW Bun Roasted Potatoes Fresh Banana Milk</p>	<p>15 Milk French Bread Cheese Pizza or Egg Salad Flatbread Sandwich Fresh Celery Sticks Ranch Dressing Applesauce</p>
<p>18 Stuffed Bread Sticks w/Marinara Sauce 100% Sun Splash Vegetable Juice or Turkey Fajita w/ Brown Rice Pilaf &amp; Steamed Carrots Fresh Orange Milk</p>	<p>19 BBQ Chicken w/ Brown Rice Pilaf &amp; Baked Beans or Spanish Rice w/ Cheese &amp; Beans Fresh Pear Milk</p>	<p>20 Buffalo Chicken Melt Flatbread Fresh Celery Sticks or Cheese Ravioli w/Tomato Sauce &amp; Steamed Green Beans Fresh Apple Milk</p>	<p>21 Turkey w/ Gravy &amp; Mashed Potatoes, WG Corn Muffin or Cheese Quesadilla, Sour Cream Street Corn Fresh Banana Milk</p>	<p>22 Cheese Pizza<sup>v</sup> Fresh Garden Salad or Southwest Chicken Salad Pita Bread Ranch Dressing, Raisins Milk</p>
<p>25 Meatballs w/ BBQ Sauce &amp; Steamed Broccoli or Pasta w/ Tomato Sauce &amp; Cheese Broccoli Club Roll Fresh Orange Milk</p>	<p>26 Breaded Chicken Tenders &amp; Roasted Potatoes or Protein Pasta Alfredo &amp; Steamed Green Peas Whole Grain Bread Fresh Pear Milk</p>	<p>27 Turkey Hot Dog with Baked Beans or Spanish Rice w/ Cheese &amp; Beans Fresh Apple Milk</p>	<p>28 Cheese Lasagna w/ Tomato Sauce &amp; Steamed Green Beans or Chicken Caesar Salad Ranch Dressing Pita Bread Fresh Banana Milk</p>	<p>29 French Bread Cheese Pizza<sup>v</sup> or Chicken Breast Sandwich on WW Bread Fresh Baby Carrots w/ Ranch Dressing Raisins Milk</p>



South Shore  
Charter School



**WHITSONS**<sup>®</sup>  
Culinary Group

# Snack

**NOVEMBER 2024**

MON	TUE	WED	THU	FRI
				1 WG Corn Muffin 100% Orange Tangerine Juice
4 Honey Roasted Sunflower Seeds 100% Fruit Punch Juice	5 WG Cheez-Its Fresh Baby Carrots w/Ranch Dressing	6 WG Sunchips 100% Orange Tangerine Juice	7 Cheese Stick Fresh Apple	8 WG Honey Graham Crackers 100% Orange Tangerine Juice
11 WG Pretzels Cheese Stick	12 WG Honey Graham Crackers 100% Fruit Punch Juice	13 WG Blueberry Muffin Cheese Stick	14 WG Cheez-Its 100% Fruit Punch Juice	15 WG Tostitos 100% Apple Juice
18 WG Cheez-Its 100% Fruit Punch Juice	19 RF Cool Ranch Doritos 100% Orange Tangerine Juice	20 WG Honey Graham Crackers 100% Apple Juice	21 WG Apple Cinnamon Muffin Cheese Stick	22 WG Pretzels 100% Orange Tangerine Juice
25 WG Banana Muffin 100% Orange Tangerine Juice	26 WG Baked Cheetos 100% Fruit Punch Juice	27 Strawberry Banana Yogurt WG Honey Graham Crackers	28 WG Pretzels Cheese Stick	29 WG Corn Muffin 100% Orange Tangerine Juice

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