



# NOVEMBER

## K-12 Breakfast and Lunch Menu



Houston

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

		<b>1</b> <b>BREAKFAST</b> Plain Bagel <b>LUNCH</b> Meatball Sub Homemade Marinara Sauce Zesty Lemon Broccoli	<b>2</b> <b>BREAKFAST</b> Big Breakfast Kolache <b>LUNCH</b> Shredded Chicken Burrito Bowl Warm Flour Tortillas Black Bean & Corn Sauté Mini Shredded Romaine Tomato Salad	<b>3</b> <b>BREAKFAST</b> Chicken and Waffle Sandwich <b>LUNCH</b> Fish Dippers or Steak Fingers Whole Grain Dinner Roll Country Style Green Beans Sweet Potato Waffle Fries
<b>6</b> <b>BREAKFAST</b> Gingerbread Texas <b>LUNCH</b> Beefsteak Cheeseburger or Beefsteak Hamburger Curly Fries Deluxe Deli Salad	<b>7</b> <b>BREAKFAST</b> Sausage Biscuit or Warm Biscuits <b>LUNCH</b> Creamy Chicken Alfredo w/Garlic Breadstick Parmesan Green Peas Seasoned Carrots	<b>8</b> <b>BREAKFAST</b> Warm Brown Sugar Pecan Oatmeal & Cracker Coins <b>LUNCH</b> Cubano Sandwich Creamy Cucumber Salad Sweet Potato Waffle Fries	<b>9</b> <b>BREAKFAST</b> Turkey Ham, Egg and Cheddar Croissant <b>LUNCH</b> Beefy Bean Chili Cornbread Baked Potatoes Veggie Ranch Cup	<b>10</b> <b>BREAKFAST</b> Pancake On a Stick <b>LUNCH</b> Chicken Dumplings with Orange Sauce Veggie Eggroll Asian Kale Salad Roasted Red Pepper Edamame
<b>13</b> <b>BREAKFAST</b> Bean & Cheese Tamales <b>LUNCH</b> Crispy Chicken Sandwich, Crispy Fish Sandwich or Spicy Crispy Chicken Sandwich Deluxe Deli Salad Parmesan Carrot Fries	<b>14</b> <b>BREAKFAST</b> Bacon, Egg & Cheese Pancake Sandwich <b>LUNCH</b> Turkey Hot Dog Bean Chili Curly Fries	<b>15</b> <b>BREAKFAST</b> Pumpkin Spice Muffin Tops <b>LUNCH</b> Thanksgiving Holiday Meal	<b>16</b> <b>BREAKFAST</b> Breakfast Pizza <b>LUNCH</b> Beef Nachos or Plant Protein Nachos Mini Shredded Romaine Tomato Salad Refried Beans	<b>17</b> <b>BREAKFAST</b> Canadian Ham Breakfast Sandwich <b>LUNCH</b> Cheese Pizza or Pepperoni Pizza Caesar Salad Crumbly Ranch Cauliflower with Buffalo Sauce
<b>20</b> <b>HOLIDAY</b>	<b>21</b> <b>HOLIDAY</b>	<b>22</b> <b>HOLIDAY</b>	<b>23</b> <b>Happy Thanksgiving</b>	<b>24</b> <b>HOLIDAY</b>
<b>27</b> <b>BREAKFAST</b> Gingerbread Texas <b>LUNCH</b> Beefsteak Cheeseburger or Beefsteak Hamburger Curly Fries Deluxe Deli Salad	<b>28</b> <b>BREAKFAST</b> Sausage Biscuit or Warm Biscuits <b>LUNCH</b> Creamy Chicken Alfredo w/Garlic Breadstick Parmesan Green Peas Seasoned Carrots	<b>29</b> <b>BREAKFAST</b> Warm Brown Sugar Pecan Oatmeal & Cracker Coins <b>LUNCH</b> Cubano Sandwich Creamy Cucumber Salad Sweet Potato Waffle Fries	<b>30</b> <b>BREAKFAST</b> Turkey Ham, Egg and Cheddar Croissant <b>LUNCH</b> Beefy Bean Chili Cornbread Baked Potatoes Veggie Ranch Cup	



## Offered Daily

### At Breakfast

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- 100% Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

### At Lunch

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk

### Notice About Menu Changes:

Although we strive to serve the scheduled menu, the menu may change without prior notice based on product availability.

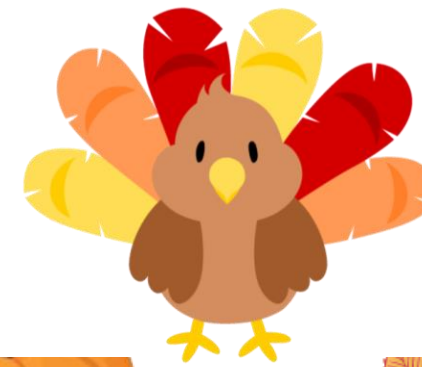
This institution is an equal opportunity provider.





# NOVEMBER

## Supper Menu



Houston

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Bean and Cheese Burrito  
Cucumber Slices

2

Personal Pizza  
Marinara Dipping Sauce

3

Turkey Ham Cubes, Hummus &  
Sunchips  
Celery Sticks

6

Corn Dog  
Cherry Tomatoes

7

Pizza S'wich  
Marinara Dipping Sauce

8

Pancake Sandwich & Cheese Stick  
Celery Sticks w/ PB Cup

9

Turkey & Cheddar Hoagie  
Mini Deli Salad

10

Twisted WG Cheesy Breadstick  
Marinara Dipping Sauce

13

Turkey Cubes, Cheese Cubes, &  
Pretzel Bites  
Celery Sticks

14

Creamy Mac & Cheese  
Cherry Tomatoes

15

Chicken Dippers  
Fresh Baby Carrots

16

Pumpkin Parfait  
Cucumber Slices

17

Philly Cheesesteak Pinwheel  
Broccoli Florets

20

HOLIDAY

21

HOLIDAY

22

HOLIDAY

23

Happy  
Thanksgiving

24

HOLIDAY

27

Corn Dog  
Cherry Tomatoes

28

Pizza S'wich  
Marinara Dipping Sauce

29

Pancake Sandwich & Cheese Stick  
Celery Sticks w/ PB Cup

30

Turkey & Cheddar Hoagie  
Mini Deli Salad



Offered Daily at  
Supper

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk
- Whole Grains

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