# K-12 Breakfast and Lunch Menu

# Jacksonville

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	MONDAY	L	TUESDAY		WEDNESDAY	1	THURSDAY		FRIDAY
				1	BREAKFAST	2	BREAKFAST	3	BREAKFAST
				21-	Cinnamon Raisin Bagel	- Com	Mini Maple Chip Waffles		Sausage, Egg & Chee
					LUNCH		LUNCH		LUNCH
					Fish and Chips Carrot Craisin Salad	Spaghe	tti and Meatballs w/Homemade Marinara Sauce Cucumber Ranch Cup		Crispy Chicken Tender Curly Fries
6	BREAKFAST	7	BREAKFAST	8	BREAKFAST	9	BREAKFAST	10	
	Pancake & Sausage on a stick		Granola and Yogurt Cup		Pumpkin Parfait		e Cinnamon Bar & Yogurt Cup rawberry Bar & Yogurt Cup		
	LUNCH		LUNCH		LUNCH		LUNCH		HOLIDAY
	Veggie Pizza Zucchini Bake		Falafel or Spiced Chicken Pita Garbanzo Salad Fresh Tzatziki		Chicken Teriyaki Not-so-Fried Rice Roasted Broccoli & Mushroom		Beef Hot Dog Curly Fries		
13	BREAKFAST	14	BREAKFAST	15	BREAKFAST	16	BREAKFAST	17	BREAKFAST
	Warm Biscuits		Mini Maple Chip Waffles	1	Granola and Yogurt Cup	2	Pumpkin Parfait		Pumpkin Spice Muff
	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH
	BBQ Chicken Drumstick Wheat Roll Rustic Mashed Potatoes		Turkey Club Sub Parmesan Carrot Fries		Thanksgiving Holiday Meal		Crispy Beef Tacos Refried Beans		Cheese Pizza Roasted Cauliflo
20	HOLIDAY	21	HOLIDAY	22	HOLIDAY	23	Happy	24	HOLIDAY
						Tha	inksgiving	S	
27	BREAKFAST	28	BREAKFAST	29	BREAKFAST	30	BREAKFAST		
	Pancake & Sausage on a stick		Granola and Yogurt Cup		Pumpkin Parfait		e Cinna <mark>mon Bar &amp;</mark> Yogurt Cup rawber <mark>ry Bar &amp;</mark> Yogurt Cup		
	LUNCH		LUNCH		LUNCH	1	LUNCH		
	Veggie Pizza Zucchini Bake		Falafel or <mark>Spiced C</mark> hicken Pita Garbanzo Salad Fresh Tzatziki		Chicken Teriyaki Not-so-Fried Rice Roasted Broccoli & Mushroom	1	Beef Hot Dog Curly Fries	2	



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# IDEA Public Schools



#### At Breakfast

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- Fresh 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

## Non – Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation in the administration of the snap program), disability, age, or reprisal or retaliation for prior civil rights activity

6	NOV	EM	BER	
		Supper Menu		
MONDAY	TUESDAY	Jacksonville wednesday	THURSDAY.	FRIDAY
		1 WG Turkey & Cheddar Hoagie Fresh Baby Carrots	2 WG Cheese Pizza Celery Sticks	3 String Cheese, Diced To WG Sunchips Cherry Tomato
6 WG Mini Corn Dog Cherry Tomatoes	7 String Cheese, Diced Turkey Ham, WG Sunchips Fresh Baby Carrots	8 WG Flatbread w/ Hard Boiled Egg & PB Cup Celery Sticks	9 WG Turkey & Cheddar Hoagie Mini Deli Salad	10 HOLIDAY
13 Turkey Ham Cubes, Cheese Cubes,& WG Crackers Celery Sticks	14 WG Chicken Quesadilla Salsa Cup	15 WG Pancake on a Stick W/ Cheese stick Broccoli Florets	16 WG Flatbread, Mozzarella, Pepperoni & Marinara Cup	17 WG Creamy Mac & Cherry Tomato
20 HOLIDAY	21 HOLIDAY	22 HOLIDAY	<sup>23</sup> Happy Thanksgiving	24 HOLIDAY
27 WG Mini Corn Dog Cherry Tomatoes	28 String Cheese, Diced Turkey Ham, WG Sunchips Fresh Baby Carrots	29 WG Flatbread w/ Hard Boiled Egg & PB Cup Celery Sticks	30 WG Turkey & Cheddar Hoagie Mini Deli Salad	



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## IDEA Public Schools



## **Offered Daily at Supper**

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

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