



NOVEMBER

K-12 Breakfast and Lunch Menu

Tarrant County



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Tarrant County



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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