



# NOVEMBER



K-12 Breakfast and Lunch Menu

Tampa Bay

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<div>1</div> <div>BREAKFAST</div> <div>Whole Grain Bagel &amp; Cheese Stick</div> <div>LUNCH</div> <div>Fish and Chips</div> <div>Carrot Craisin Salad</div>	<div>2</div> <div>BREAKFAST</div> <div>Breakfast Pizza</div> <div>LUNCH</div> <div>Spaghetti and Meatballs w/ Homemade Marinara Sauce</div> <div>Cucumber Ranch Cup</div>	<div>3</div> <div>BREAKFAST</div> <div>Sausage, Egg &amp; Cheese BoB</div> <div>LUNCH</div> <div>Crispy Chicken Sandwich</div> <div>Curly Fries</div>
<div>6</div> <div>BREAKFAST</div> <div>Pancake &amp; Sausage on a stick</div> <div>LUNCH</div> <div>Veggie Pizza</div> <div>Zucchini Bake</div>	<div>7</div> <div>BREAKFAST</div> <div>Granola and Danimals Yogurt Cup</div> <div>LUNCH</div> <div>Falfel or Spiced Chicken Pita</div> <div>Garbanzo Salad</div> <div>Fresh Tzatziki</div>	<div>8</div> <div>BREAKFAST</div> <div>Pumpkin Parfait</div> <div>LUNCH</div> <div>Chicken Teriyaki</div> <div>Not-so-Fried Rice</div> <div>Roasted Broccoli &amp; Mushroom</div>	<div>9</div> <div>BREAKFAST</div> <div>Apple Cinnamon Bar &amp; Yogurt Cup</div> <div>Strawberry Bar &amp; Yogurt Cup</div> <div>LUNCH</div> <div>Turkey Hot Dog</div> <div>Curly Fries</div>	<div>10</div> <div>HOLIDAY</div>
<div>13</div> <div>BREAKFAST</div> <div>Warm Biscuits</div> <div>LUNCH</div> <div>BBQ Chicken Drumstick</div> <div>Wheat Roll</div> <div>Rustic Mashed Potatoes</div>	<div>14</div> <div>BREAKFAST</div> <div>Mini Maple Chip Waffles</div> <div>LUNCH</div> <div>Turkey Club Sub</div> <div>Parmesan Carrot Fries</div>	<div>15</div> <div>BREAKFAST</div> <div>Granola and Danimals Yogurt Cup</div> <div>LUNCH</div> <div>Thanksgiving Holiday Meal</div>	<div>16</div> <div>BREAKFAST</div> <div>Pumpkin Parfait</div> <div>LUNCH</div> <div>Crispy Beef Tacos</div> <div>Refried Beans</div>	<div>17</div> <div>BREAKFAST</div> <div>Pumpkin Spice Muffin Tops</div> <div>LUNCH</div> <div>Cheese Pizza</div> <div>Tony's Pepperoni Pizza</div> <div>Roasted Cauliflower</div>
<div>20</div> <div>HOLIDAY</div>	<div>21</div> <div>HOLIDAY</div>	<div>22</div> <div>HOLIDAY</div>	<div>23</div> <div>Happy Thanksgiving</div>	<div>24</div> <div>HOLIDAY</div>
<div>27</div> <div>BREAKFAST</div> <div>Pancake &amp; Sausage on a stick</div> <div>LUNCH</div> <div>Veggie Pizza</div> <div>Zucchini Bake</div>	<div>28</div> <div>BREAKFAST</div> <div>Granola and Danimals Yogurt Cup</div> <div>LUNCH</div> <div>Falfel or Spiced Chicken Pita</div> <div>Garbanzo Salad</div> <div>Fresh Tzatziki</div>	<div>29</div> <div>BREAKFAST</div> <div>Pumpkin Parfait</div> <div>LUNCH</div> <div>Chicken Teriyaki</div> <div>Not-so-Fried Rice</div> <div>Roasted Broccoli &amp; Mushroom</div>	<div>30</div> <div>BREAKFAST</div> <div>Apple Cinnamon Bar &amp; Yogurt Cup</div> <div>Strawberry Bar &amp; Yogurt Cup</div> <div>LUNCH</div> <div>Turkey Hot Dog</div> <div>Curly Fries</div>	



Offered Daily

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





# NOVEMBER

## Supper Menu

Tampa Bay



Offered Daily at Supper

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

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### Non-Discrimination Statement

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WG Turkey & Cheddar Hoagie Fresh Baby Carrots	2 WG Tony's Pepperoni Pizza Celery Sticks	3 Cheese Stick, Turkey Cubes, WG Sunchips Cherry Tomatoes
6 WG Mini Corn Dog Cherry Tomatoes	7 Cheese Stick, Turkey Cubes, 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 Coins, Cheese Cubes,& WG Pretzel Stick Celery Sticks	14 WG Chicken Quesadilla Red Golds Salsa	15 WG Bean and Cheese Burrito Broccoli Florets	16 WG Flatbread, Mozzarella, Pepperoni & Marinara Cup	17 WG Creamy Mac & Cheese Cherry Tomatoes
20 HOLIDAY	21 HOLIDAY	22 HOLIDAY	23 Happy Thanksgiving	24 HOLIDAY
27 WG Mini Corn Dog Cherry Tomatoes	28 Cheese Stick, Turkey Cubes, WG Sunchips Fresh Baby Carrots	29 WG Flatbread w/ Hard Boiled Egg & PB Cup Celery Sticks	30 WG Turkey & Cheddar Hoagie Mini Deli Salad	