

Monday October 28, 2024	Breakfast   Scrambled eggs served with buttered toast, fresh fruit, and 1% milk  Lunch   Veggie dumplings made with edamame, served with salted cabbage and brussels sprouts, brown rice, fresh fruit, and 1% milk  Snack   Roasted sweet potato edges with a homemade feta cheese dip
Tuesday October 29, 2024	Breakfast   Mini bagels served with cream cheese, fresh fruit, and 1% milk  Lunch   Beef nachos (with corn shells, lettuce, tomato, cheddar, and sour cream) served with fresh fruit and 1% milk  Snack   Rice cakes and applesauce
Wednesday October 30, 2024	Breakfast   Warm, freshly baked croissants served with fresh fruit and 1% milk  Lunch   Pasta served with a homemade broccoli pesto, roasted cauliflower, fresh fruit, and 1% milk  Snack   Hummus and pita bread slices
Thursday October 31, 2024	Breakfast   Brioche French toast served with real maple syrup, fresh fruit, and 1% milk  Lunch   BBQ pulled chicken on slider buns, served with tomato, pickles, fresh fruit, and 1% milk  Snack   Tomato salsa and tortilla chips
Friday November 1, 2024	Breakfast   Yogurt served with granola, fresh fruit, and 1% milk  Lunch   Cod fish sticks served with baked potatoes, brown rice, fresh fruit, and 1% milk  Snack   Fresh, seasoned mozzarella served with pretzels

Seasonal Fruit: Bananas, honeydew melon, cantaloupe, apples, pears, strawberries, grapes, clementines, pineapple, peaches, nectarines, plums, oranges, watermelon, kiwi

Vegetarian Substitutes: Morningstar Veggie patties, Cheese, Gardein Meatless Meatballs & Veggieland

Nuggets



Monday November 4, 2024	Breakfast   Cheesy scrambled eggs served with buttered toast, fresh fruit, and 1% milk  Lunch   Chicken noodle soup (made with celery, carrots, onion, potato, pasta, and herbs) served with baguettes, fresh fruit, and 1% milk  Snack   Marble cake and 1% milk
Tuesday November 5, 2024	Breakfast   Cornbread served with fresh fruit and 1% milk  Lunch   Butternut squash mac & cheese served with green beans, fresh fruit, and 1% milk  Snack   Mozzarella sticks and cucumber slices
Wednesday November 6, 2024	Breakfast   Cocoa muffins served with fresh fruit and 1% milk  Lunch   Chicken stir fry with carrots, peppers, green beans, and onion, served with yellow rice, fresh fruit, and 1% milk  Snack   Sun butter and carrot sticks
Thursday November 7, 2024	Breakfast   Oatmeal served with raisins, fresh fruit, and 1% milk  Lunch   Coconut curry (made with potato, tomato, squash, and onion) served with brown rice, roasted broccoli, fresh fruit, and 1% milk  Snack   Pita chips and artichoke dip
Friday November 8, 2024	Breakfast   Blueberry pancakes served with maple syrup, fresh fruit, and 1% milk  Lunch   Lasagna made with beef, served with roasted asparagus, fresh fruit, and 1% milk  Snack   Trail mix and 1% milk

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**Vegetarian Substitutes**: Morningstar Veggie patties, cheese, Gardein Meatless Meatballs & Veggieland Nuggets