

NOVEMBER RI BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • mini cheese omelet w/ french toast stick/ fruit • pineapple juice available	2 • yogurt/ granola/ fruit
5 • cinnamon chex w/ string cheese/ fruit	6 • chicken sausage & omelet flatbread/ fruit • orange juice available	7 • whole wheat plain bagel w/ cream cheese/ fruit	8 • cinnamon toast bagel /fruit • pineapple juice available	9 • yogurt/granola/ fruit
12 • No School	13 • cheerios/ string cheese/ fruit • orange juice available	14 • yogurt/ granola/ fruit	15 • turkey, cheddar cheese and omelet flatbread/ fruit • pineapple juice available	16 • whole wheat plain bagel w/ cream cheese/ fruit
19 • cinnamon chex/ string cheese/ fruit	20 • pancakes w/ syrup/ fruit • orange juice available	21 • whole wheat plain bagel w/ cream cheese/ fruit	HAPPY THANKSGIVING! 22	23 • No school
26 • corn chex/ string cheese	27 • french toast, maple turkey sausage and egg combo/fruit • orange juice available	28 • cinnamon chex/ string cheese/ fruit	29 • pepper jack cheese & omelet flatbread/ fruit • pineapple juice available	30 • yogurt/ granola/ fruit

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

NOVEMBER RI LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • bbq meatballs w/ cheesy rice	2 • hot dog (df)
5 • chicken teriyaki w/ brown rice (df)	6 • baked mac & cheese w/ chicken sausage combo	7 • bbq meatballs w/ cheesy rice	8 • chili citrus drumstick w/ rice (df)	9 • flame broiled beef cheeseburger
12 • No School	13 • bbq chicken w/ cheesy rice	14 • creamy tomato curry w/ grilled chicken	15 • general tso's chicken	16 • roasted turkey & stuffing (df)
19 • baked mac & cheese and chicken bites	20 • chicken taco trio	21 • jerk drumstick w/ pineapple carrot rice	HAPPY THANKSGIVING! 22	23 • No School
26 • firecracker chicken w/ sesame noodles • mighty meaty deli combo	27 • bbq meatballs w/ cheesy rice	28 • mongolian beef	29 • general tso's chicken	30 • cheese pizza (vg)

DID YOU KNOW?

Nearly 95% of Americans eat turkey on Thanksgiving. Turkey has more protein, ounce per ounce, than chicken or beef!



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ **Vegetable** of the day

NOVEMBER RINSLP SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • yogurt/ fruit	2 • honey grahams/ fruit
5 • cinnamon rumbles/ fruit	6 • string cheese/ fruit	7 • educational snacks/ sunbutter	8 • ranch rumbles/fruit	9 • blazin hot seeds/ fruit
12 • No School	13 • hot & spicy goldfish crackers / fruit	14 • sunflower seeds/ fruit	15 • granola/ string cheese	16 • yogurt/ fruit
19 • honey grahams/ juice	20 • ranch rumbles/ fruit	21 • blazin hot seeds/ fruit	HAPPY THANKSGIVING! 22	23 • No School
26 • yogurt/ fruit	27 • granola/ string cheese	28 • honey wheat crackers/ fruit	29 • ranch rumbles/ juice	30 • goldfish pretzels/ fruit

DID YOU KNOW?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:

- Designed with Kids
- Created by Chefs
- Nutritionally Balanced
- Made with High-Quality Ingredients

Learn more about us on our *new* website at revolutionfoods.com

Snack: fresh fruit available daily except when Sunbutter, string cheese or juice is served.