

November

Trinidad Campus BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> lemon muffin (vg) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> yogurt/dick and janes smart crackers (vg) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> *NEW* hot classic chicken sausage and cheddar bagel fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">3</p>	<p>STAFF DEVELOPMENT NO SCHOOL</p> <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> yogurt/granola (vg) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> hot pancakes w/ syrup (PK) dipper doodle string cheese fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> hot egg and sausage quesadilla fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> blueberry muffin fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">10</p>	<p>VETERAN'S DAY HOLIDAY NO SCHOOL</p> <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> rf cocoa bops cereal (df) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> *NEW* hot classic chicken sausage and cheddar bagel sandwich fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> hot omelet w/ cheese (vg) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> apple cinna-grins cereal (vg) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> lemon muffin (vg) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> dipperdoodle /string cheese (vg) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> rf cocoa bops cereal (df) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">22</p>	<p>Thanksgiving Day Break</p>		
<ul style="list-style-type: none"> rf flurries cereal (df) (vg) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> hot pancakes with syrup (PK) yogurt/granola (vg) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> mini dipper doodle /hard boiled egg (df) (vg) fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">30</p>		

What's New?

Introducing two ****NEW**** hot breakfast sandwiches:

Chicken Sausage & Cheddar Bagel. Look out for it on Nov. 3 and 5!

Spicy Chicken Chorizo Sausage & Cheese Bagel. Look of for it on Nov 23!

Breakfast: choice of % or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

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

This institution is an equal opportunity provider.



November

Trinidad Campus LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> honey mustard chicken wrap garbanzo beans with broccoli fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> baked mac & cheese and bbq chicken lunch combo local chilled seasoned green beans fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> flame broiled beef cheeseburger shredded lettuce and sliced tomatoes with ranch fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">3</p>	STAFF DEVELOPMENT NO SCHOOL <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> bbq chicken quesadilla local braised greens fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> spaghetti and meatballs (df) black beans with baby carrots fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> spicy chicken chorizo and cheese eggel sandwich chicken enchiladas local sweet potatoes fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> all natural hot dog (PK) bbq chicken sandwich on a bun celery sticks with ranch fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">10</p>	VETERAN'S DAY HOLIDAY NO SCHOOL <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> crispy chicken sandwich (df) local chilled seasoned green beans fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> cheese ravioli (vg) chicken salad sandwich (df) garbanzo beans with broccoli fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> sloppy joe on a whole grain bun (df) local sweet potatoes fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> *Holiday* roasted turkey and stuffing (df) mashed potatoes fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> chicken teriyaki with brown rice (df) local braised greens fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> all natural hot dog (df) all natural flame-broiled beef burger on a bun local corn fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> pancakes w/ omelet (PK) orange chicken rice bowl (df) edamame with grape tomatoes fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">22</p>	Thanksgiving Day Break		
<ul style="list-style-type: none"> lone star grilled chicken breast sandwich local chilled seasoned green beans fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> chicken bites (df) pinto beans with baby carrots fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> kickin chicken parm pasta baked mac & cheese and bbq baked beans lunch combo (vg) local corn fresh seasonal fruit 1% or Fat-Free Milk <p style="text-align: right;">30</p>		

Holiday Cheer!

Our Holiday Roast Turkey Meal is back and will be available on November 17!

Lunch: choice of % 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

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November

Trinidad Campus SNACK MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • zac attack bar apple • fresh seasonal fruit <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • multigrain rumbles - ranch • fresh seasonal fruit <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • mini dipperdoodle • fresh seasonal fruit <p style="text-align: right;">3</p>	STAFF DEVELOPMENT NO SCHOOL <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> • zac attack bar strawberry (snack) • fresh seasonal fruit <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • multigrain rumbles - ranch • fresh seasonal fruit <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • mini dipperdoodle • fresh seasonal fruit <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • dick and janes smart crackers • fresh seasonal fruit <p style="text-align: right;">10</p>	VETERAN'S DAY HOLIDAY NO SCHOOL <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> • string cheese • fresh seasonal fruit <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • multigrain rumbles - salsa fresca • fresh seasonal fruit <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • zac attack bar apple (snack) • fresh seasonal fruit <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • skeeter cinnamon grahams • fresh seasonal fruit <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • yogurt • fresh seasonal fruit <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> • granola/string cheese • fresh seasonal fruit <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • skeeter honey grahams • fresh seasonal fruit <p style="text-align: right;">22</p>	<h1 style="color: red;">Thanksgiving Day Break</h1>		25
<ul style="list-style-type: none"> • goldfish cheese crackers • fresh seasonal fruit <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • zac attack bar apple • fresh seasonal fruit <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • multigrain rumbles - ranch • fresh seasonal fruit <p style="text-align: right;">30</p>		

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

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