

Circle City Prep
November

		Monday	Tuesday	Wednesday	Thursday	Friday			
7	Breakfast	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk	K-2 (2) Granola Bars + Orange Wedges + OJ + Milk	K2 Egg, Potato & Cheese Breakfast Burrito + Apple + Milk	K-2 Blueberry Muffin + Apple Slices + OJ + Milk	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk	<p>Offer vs. Serve procedure: Your scholar can choose options at lunch.</p> <p>Scholars must choose at least 3 components, one option must be a fruit or a vegetable. <i>(Entree contains 2 components: grain + protein)</i></p> <p>1- Entree (counts as 2 components) 2- Fruit (up to two portions) 3- Veggies / Dip (up to two portions) 4- Milk</p>		
		3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	3-6 OVS (2) Granola Bars or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	3-6 OVS Egg, Potato & Cheese Breakfast Burrito or Whole Grain Cereal + Apple + OJ + Milk	3-6 OVS Blueberry Muffin or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk			
Lunch	Entree Option 1	Macaroni & Cheese + Breadstick	Chicken Noodle Soup + Roll	Hot Ham & Cheese + Potato Wedges	BBQ Drumsticks + Roll	Turkey & Cheese Sub + Pickle			
	Entree Option 2	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick			
14	Breakfast	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk	K-2 Yogurt & Granola Parfait + Orange Wedges + Milk	K-2 Sausage & Cheese Sandwich + Apple + Milk	K-2 Banana Bread + Apple Slices + OJ + Milk	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk		<p>1- Entree (counts as 2 components) 2- Fruit (up to two portions) 3- Veggies / Dip (up to two portions) 4- Milk</p>	
		3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	3-6 OVS Yogurt and Granola Parfait or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	3-6 OVS Sausage & Cheese Sandwich or Whole Grain Cereal + Apple + OJ + Milk	3-6 OVS Banana Bread or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk			
Lunch	Entree Option 1	Chili Mac + Tortilla Chips	Hot Turkey & Cheese +	Buffalo Chicken Sandwich + Potato Wedges	Honey Glazed Chicken Thigh + Yellow Rice	Chicken Caesar Wrap + Kale Chips			
	Entree Option 2	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick			
21	Breakfast	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk	K-2 (2) Granola Bars + Orange Wedges + OJ + Milk	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK			
		3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	3-6 OVS (2) Granola Bars or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk						
Lunch	Entree Option 1	Sloppy Joe + Jicama Fries	Turkey & Cheese Burrito + 3 Sisters Succotash						
	Entree Option 2	Chicken Caesar Salad + Breadstick	Chicken Caesar Salad + Breadstick						
28	Breakfast	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk	K-2 Yogurt & Granola Parfait + Orange Wedges + Milk	K-2 Sausage & Cheese Sandwich + Apple + Milk	K-2 Apple Cinnamon Muffin + Apple Slices + OJ + Milk	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk			
		3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	3-6 OVS Yogurt and Granola Parfait or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	3-6 OVS Sausage & Cheese Sandwich or Whole Grain Cereal + Apple + OJ + Milk	3-6 OVS Apple Cinnamon Muffin or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk			
Lunch	Entree Option 1	Spaghetti w/ Meat Sauce + Breadstick	Broccoli Cheese & Rice Soup + Roll	Chicken Philly Burrito + Kale Chips	Oven "Fried" Drumsticks + Buttered Corn + Roll	Ham & Cheese Sub + Pickle			
	Entree Option 2	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick	Ranch Chicken Salad + Breadstick			
5	Breakfast	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk	K-2 (2) Granola Bars + Orange Wedges + OJ + Milk	K2 Egg, Potato & Cheese Breakfast Burrito + Apple + Milk	K-2 Cinnamon Roll + Apple Slices + OJ + Milk	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk			
		3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	3-6 OVS (2) Granola Bars or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	3-6 OVS Egg, Potato & Cheese Breakfast Burrito or Whole Grain Cereal + Apple + OJ + Milk	3-6 OVS Cinnamon Roll or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk			
Lunch	Entree Option 1	Chicken Pasta Alfredo + Breadstick	BBQ Chicken Sandwich + Cole Slaw	Teriyaki Chicken + Steamed Rice + Roll	Chili Mac + Tortilla Chips	Chipotle Chicken Wrap + Black Bean Corn Salad			
	Entree Option 2	Chicken Caesar Salad + Breadstick	Chicken Caesar Salad + Breadstick	Chicken Caesar Salad + Breadstick	Chicken Caesar Salad + Breadstick	Chicken Caesar Salad + Breadstick			
ALWAYS AVAILABLE AT OVS	Whole Grain Cereal Apples Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)			
ALWAYS AVAILABLE AT LUNCH	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water			

Lunches include an option of chocolate or regular milk; Breakfast includes either skim or 1% milk
Substitutions may be required based on ingredient availability
If your scholar has medical or dietary allergens or restrictions, please let the school office know of any required accommodations

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