

NOVEMBER

Menus are subject to change without notice.

Offer VS Serve

2025

College Prep Middle School Breakfast Menu

Monday

Tuesday

Wednesday

Thursday

Friday

3 Cinnamon Swirl Apple Juice / Milk	4 Overnight Oats w/Frozen Berries Orange Juice / Milk	5 Yogurt w/Graham Crackers Apple Slices Juice / Milk	6 Bagel w/Cream Cheese Pear Juice / Milk	7 Waffle Applesauce Juice / Milk
10 Bagel w/Cream Cheese Apple Juice / Milk	11 <i>Holiday</i> 	12 Waffle Apple Slices Juice / Milk	13 Protein Box (2 Boiled Eggs, Cheese, Crackers & Organic Fruit) Juice / Milk	14 Cinnamon Swirl Applesauce Juice / Milk
17 Yogurt w/Graham Crackers Apple Juice / Milk	18 Protein Box (2 Boiled Eggs, Cheese, Crackers & Organic Fruit) Juice / Milk	19 Pancake Poffitz Apple Slices Juice / Milk	20 Overnight Oats w/Frozen Berries Pear Juice / Milk	21 Cereal Applesauce Juice / Milk Min Day
24 <i>Thanksgiving Break</i>	25 <i>Thanksgiving Break</i>	26 <i>Thanksgiving Break</i>	27 	28 <i>Thanksgiving Break</i> 

Warning: Our School food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable. Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The middle school lunch provides 600-700 calories based on a weekly average. The high school lunch provides 750-850 calories based on a weekly average. The breakfast provides 450-550 calories based on a weekly average.

"This institution is an equal opportunity provider."

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College Prep Middle School Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

3 Mini Corn Dog w/Mac & Cheese Grapes Carroteenies / Jicama Sticks w/Tajin Juice / Milk	4 Tamale w/Rice Apple Slices Beans / Cucumber Slices Juice / Milk	5 Skewer Chicken (Halal) w/Korean Sauce & Tots Pear Salad Cup w/Dressing / 3-Bean Chili Juice / Milk	6 Meatless Rotini Pasta w/Cheesy Bread Stick Applesauce Carrot Sticks & Celery Sticks w/Dip Juice / Milk	7 Cheeseburger Orange Carroteenies w/Dip / Corn Juice / Milk
10 Boneless Chicken Wings w/Tots Grapes Carroteenies / Jicama Sticks w/Tajin Juice / Milk	11 <i>Holiday</i> 	12 Mozz Bread Stick w/Chicken Nuggets Pear 3-Bean Chili / Salad Cup w/Dressing Juice / Milk	13 Teriyaki Chicken w/Rice Applesauce Carrot Sticks & Celery Sticks w/Dip Juice / Milk	14 Hot Pocket Orange Carroteenies w/Dip Juice / Milk
17 Chicken Sandwich (Reg / Spicy) Grapes Carroteenies / Jicama Sticks w/Tajin Juice / Milk	18 Oven Fried Chicken Drumstick w/Mac & Cheese Apple Slices Beans / Cucumber Slices w/Tajin Juice / Milk	19 Skewer Chicken (Halal) w/Korean Sauce & Tots Pear Salad Cup w/Dressing / 3-Bean Chili Juice / Milk	20 Cali Burrito Applesauce Carrot Sticks & Celery Sticks w/Dip Juice / Milk	21 Mozz Bread Stick w/Veggie Buffalo Nuggets Orange Marinara Sauce Cup / Corn Juice / Milk Min Day
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