

Kestrel Heights Menu- November 2024

November				
				Friday (11/1)
				NO SCHOOL – Fall Break
				NO SCHOOL – Fall Break
Monday (11/4)	Tuesday (11/5)	Wednesday (11/6)	Thursday (11/7)	Friday (11/8)
Breakfast				
WG Cereal Fruit Choice 100% Fruit Juice Milk	WG Waffle Spiced Apples 100% Fruit Juice Milk	Banana Bread Slice Fresh Fruit 100% Fruit Juice Milk	WG Breakfast Burrito Fruit Cup 100% Fruit Juice Milk	WG Nutri Grain Bar Cheese Stick Fruit Cup 100% Fruit Juice Milk
Lunch				
Chicken & Waffles or Crispy Tofu & Waffles Super Sautéed Spinach Hashbrown Potatoes Diced Peaches Milk	Crispy Chicken Strips or Crispy Tofu Roll Baked Beans Potato Wedges Fresh Fruit Milk	Cheese Ravioli w/Meat Sauce or Cheese Ravioli w/Marinara Sautéed Bell Peppers (Orange, Red, Green) Glazed Carrots Fresh Fruit Milk	Barbeque Chicken Thighs or BBQ Tofu Golden Cornbread Mashed Potatoes Cool NC Collards Applesauce Cup Milk	Cheese Pizza Corn Broccoli Diced Peaches Milk
Monday (11/11)	Tuesday (11/12)	Wednesday (11/13)	Thursday (11/14)	Friday (11/15)
Breakfast				
NO SCHOOL (Veterans Day)	Pancakes Fresh Fruit 100% Fruit Juice Milk	WG Granola & Yogurt Banana 100% Fruit Juice Milk	French Toast Sticks Spiced Apples 100% Fruit Juice Milk	Banana Bread Slice Apple 100% Fruit Juice Milk
Lunch				
NO SCHOOL (Veterans Day)	Pulled Chicken BBQ on Bun or Chickpea Salad on Bun Roll Baked Beans Potato Wedges Fresh Fruit Milk	Super Beef Spaghetti or Cheesy Spaghetti w/ Cheese Stick Roll Sautéed Squash Fresh Green Beans Fresh Fruit Milk	Chicken & Waffles or Crispy Tofu & Waffles Super Sautéed Spinach Hashbrown Potatoes Diced Peaches Milk	Cheese Pizza Corn Broccoli Diced Peaches Milk

Monday (11/18)	Tuesday (11/19)	Wednesday (11/20)	Thursday (11/21)	Friday (11/22)
Breakfast				
WG Cereal Fruit Choice 100% Fruit Juice Milk	WG Breakfast Burrito Spiced Peaches 100% Fruit Juice Milk	Banana Bread Slice Fresh Fruit 100% Fruit Juice Milk	WG Waffle Spiced Apples 100% Fruit Juice Milk	WG Nutri Grain Bar Cheese Stick Fruit Cup 100% Fruit Juice Milk
Lunch				
Cheese Ravioli w/Meat Sauce or Cheese Ravioli w/Marinara Zany Zucchini Glazed Carrots Fresh Fruit Milk	Crispy Chicken Strips or Crispy Tofu Roll Baked Beans Potato Wedges Fresh Fruit Milk	Turkey Sub or Mozzarella, Spinach & Tomato Sub Sun Chips Baby Carrots w/dressing Applesauce Cup Milk	Herb Roasted Chicken Thighs Black Beans Aromatic Brown Rice California Blend Vegetables Fresh Fruit Milk	Cheese Pizza Corn Broccoli Diced Peaches Milk
Monday (11/25)	Tuesday (11/26)	Wednesday (11/27)	Thursday (11/28)	Friday (11/29)
Breakfast				
Blueberry Muffin Fruit Choice 100% Fruit Juice Milk	French Toast Sticks Spiced Apples 100% Fruit Juice Milk	NO SCHOOL – Thanksgiving Break	NO SCHOOL – Thanksgiving Break	NO SCHOOL – Thanksgiving Break
Lunch				
Beef Chili or Vegetarian Chili Roll Mixed Vegetables Fruit Compote Milk	Chicken Filet or Chickpea Salad on Bun Hashbrown Potatoes Baked Beans Diced Peaches Milk	NO SCHOOL – Thanksgiving Break	NO SCHOOL – Thanksgiving Break	NO SCHOOL – Thanksgiving Break