CAPS	NOVEM	IBER BI	R BREAKFAST MENU		
College Achieve Public Schools	Monday	Tuesday	Wednesday	Thursday	Friday
					1 Diced Pear Cup Orange Juice W/G Pofftiz Pancakes Milk-8 oz.
	4 Mixed Fruit Cup 100% Apple Juice W/G Cinnamon Toasters W/G Corn Muffin Milk-8 oz.	5 Fresh Orange Multigrain Cheerios Apple Breakfast Bar Milk-8 oz.	6 Fresh Pear W/G White Bagel with Cream Cheese Milk-8 oz.	7 Diced Pear Cup 100% Fruit Punch W/G Poffitz Pancakes Milk-8 oz.	8 Peach Applesauce Cup 100% Grape Juice W/G Strawberry Poptart Milk-8 oz.
	VETERANS	12 Peach Applesauce Cup 100% Fruit Punch W/G Corn Flakes Cereal W/G Chocolate Tiger Bite Milk-8 oz.	13 Fresh Pear - W/G Blueberry Bagel w/ Cream Cheese Milk - 8oz	14 Fresh Orange W/G Superdonut Milk-8 oz.	15 Mixed Fruit Cup 100% Apple Juice W/G Croissant with Margarine Milk-8 oz.
Breakfast: choice of 1% or fat-free milk; fruit available daily All pasta, bread	18 Fresh Apple W/G Rice Chex Cereal W/G Graham Crackers Milk-8 oz.	19 Applesauce Cup 100% Orange Juice . Multigrain Cheerios W/G Cinnamon Tiger Bites Milk-8 oz.	20 Fresh Pear W/G Cinnamon Poptarts Milk -8oz.	21 Diced Pear Cup 100% Straw-Kiwi Juice W/G Honey Scooters W/G Chat Snax Milk-8 oz.	22 Mandarin Orange Cup 100% Grape Juice W/G Frosted Mini Wheats W/G Blueberry Muffin Milk-8 oz.
and grains on this menu are whole wheat or whole grain This institution is an equal opportunity provider		Rig	MASS -	iving	



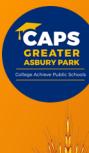
an equal opportunity provider

## NOVEMBER

## LUNCH MENU

2024

College Achieve Public Schools							
College Achieve Public Schools	Monday	Tuesday	Wednesday	Thursday	Friday		
	-				1 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz		
	4 Crispy Chicken Tenders Seasoned Diced Potatoes Fresh Banana Wheat Dinner Roll Milk-8 oz.	5 Beef Meatloaf w/Ketchup French Fries Wheat Dinner Roll Applesauce Cup Milk - 8oz	6 Cheese Lasagna with Meat Sauce Green Beans Whole Wheat Dinner Roll Fresh Banana Milk -8oz	7 BREAKFAST FOR LUNCH French Toast Sticks Turkey Sausage Links Fresh Baby Carrots w/ Dip Mixed Fruit Cup Milk - 8oz	8 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz		
	VETTERANS	12 Beef Nachos w/ Cheddar Cheese Sauce Fresh Baby Carrots w/Dip Fresh Banana Milk-8oz.	13 All Beef Hamburger on a Whole Wheat Bun Diced Carrots Fresh Banana Milk 8oz	14 Meatball Sub Fresh Baby Carrots w/ Dip Fresh Pear Milk-8 oz.	15 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz		
Lunch choice of 1% or fat-free milk; fruit available daily All pasta, bread and grains on this menu are whole	18 Spaghetti & Beef Meatballs w/ Sauce Mixed Vegetables Diced Pear Cup Whole Grain Bread Milk-8 oz.	19 BBQ Beef Riblet Wheat Hamburger Bun French Fries Fresh Apple Milk - 8oz	20 Turkey & Cheese Sub Fresh Baby Carrots w/ Dip Diced Pear Cup Milk - 8oz	21 Chicken Meatballs w/ Tomato Sauce French Fries Fresh Apple Whole Grain Bread Milk-8 oz.	22 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz		
wheat or whole grain This institution is an equal opportunity		Ria					



Lunch choice of 1% or fat-free milk; fruit available daily All pasta, brea and grains on menu are who wheat or who

grain

This institution an equal opportunity provider

## NOVEMBER HIGH SCHOOL LUNCH MENU

2024

	Monday	Tuesday	Wednesday	Thursday	Friday
7.	Chick	BLE ON A DAILY BASIS MONDAY-THURSDAY en Fingers irilled Chicken & Dressing			1 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz
	4 Crispy Chicken Tenders Seasoned Diced Potatoes Fresh Banana Wheat Dinner Roll Milk-8 oz.	5 Beef Meatloaf w/Ketchup French Fries Wheat Dinner Roll Applesauce Cup Milk - 8oz	6 Cheese Lasagna with Meat Sauce Green Beans Whole Wheat Dinner Roll Fresh Banana Milk -8oz	7 BREAKFAST FOR LUNCH French Toast Sticks Turkey Sausage Links Fresh Baby Carrots w/ Dip Mixed Fruit Cup Milk - 8oz	8 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz
	VETTERANS	12 Beef Nachos w/ Cheddar Cheese Sauce Fresh Baby Carrots w/Dip Fresh Banana Milk-8oz.	13 All Beef Hamburger on a Whole Wheat Bun Diced Carrots Fresh Banana Milk 8oz	14 Meatball Sub Fresh Baby Carrots w/ Dip Fresh Pear Milk-8 oz.	15 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz
	18 Spaghetti & Beef Meatballs w/ Sauce Mixed Vegetables Diced Pear Cup Whole Grain Bread Milk-8 oz.	19 BBQ Beef Riblet Wheat Hamburger Bun French Fries Fresh Apple Milk - 8oz	20 Turkey & Cheese Sub Fresh Baby Carrots w/ Dip Diced Pear Cup Milk - 8oz	21 Chicken Meatballs w/ Tomato Sauce French Fries Fresh Apple Whole Grain Bread Milk-8 oz.	22 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz
		Ria	MARS - HAP	iving	