



NOVEMBER

2024 UPK MENU AM SNACK, LUNCH & PM SNACK



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.

Menu Items are subject to change based on availability

1 Croissant
Carrot Mac and Cheese
Yellow Squash Cubes with Garlic Oil
Broccoli
Blood Orange Yogurt Bread

4 Homemade Granola with Flax Seed & Crispies
Turkey Tacos
Yellow Rice
Green beans
Fiesta Corn & Bean Salad
Cheddar Cheese Cubes & Crackers

5 Vanilla or Berry Yogurt Yogurt
Garlic Chicken
Egg Noodles
Carrot Cubes
Peas
Banana Bread

6 Apple Cinnamon Bread
Toasted Cheddar Sandwiches
Green Beans
Broccoli
Chickpea Hummus & Pita

7 Cheerios
Beef Tagliarini
Corn
Cheesy Cauliflower
Homemade Pimento Cheese and Crackers

8 Croissants
Chicken Cutlet Sandwich
Broccoli
Carrots Disks
Apple Cinnamon Bread

11 Bagel & Cream Cheese
Tandoori Chicken
Steamed Rice
Peas
Veggie Chickpea
Tikka Masala
Blueberry Lemon Bread

12 Cherrios
Turkey Bolognese
Penne
Carrot Disks
Broccoli
Fresh Herb Ranch Cottage Cheese & Crackers

13 Cheddar Cheese Cubes & Crackers
BBQ Chicken Strips
Corn Bread
Corn
Peas
Corn Bread

14 Croissant
Beef Sliders
Brioche Roll
Broccoli
Green Beans
Cheese Stick & Crackers

15 Corn Chex
Cheesy Pizza Bites
Kale Pesto White Beans
Carrot Disks
Biscuit + Jam

18 Homemade Granola with Flax Seed & Crispies
Arroz con Pollo
Mexican Street Corn
Cumin Spiced Carrot Disks
Banana Bread

19 Croissant & Butter
Penne with Marinara and Mozzarella
Carrots
Peas
Pumpkin Bread

20 Bagel & Cream Cheese
Turkey Sliders
Brioche Roll
Cauliflower
Broccoli
Graham Crackers & Strawberry Cream Cheese Dip

21 Apple Cinnamon Bread
Chicken Cutlet
Ditalini
Green Beans
Carrot Disks
Cheddar Cheese Cubes & Pita

22 Strawberry Yogurt
BBQ Beef Chili over Rice
Broccoli
Corn
Carrot Bread

25 Bagel & Cream Cheese
Beef Bolognese
Ditalini
Peas
Cheesy Cauliflower
Cheese Stick & Crackers

26 Cherrios
Turkey Tacos
Yellow Rice
Corn
Green Beans
Cheddar Corn Bread

27 Croissant & Butter
Fontina Mac & Cheese
Carrots
Broccoli
Raspberry or Cherry Yogurt

28 NO SCHOOL

29 NO SCHOOL