

Monday

Tuesday

Wednesday

Thursday

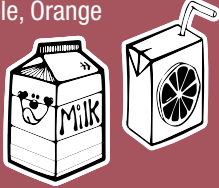
Friday

### Café 233 Milk/Juice Choices

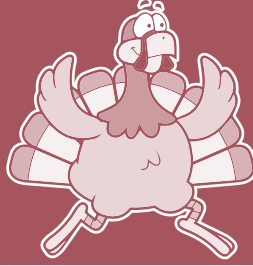
Breakfast choices vary depending on location.  
**Bolded** breakfast items available at *Grab-n-Go Breakfast*.  
Check with your school for details on menu items and serving times.

Daily Milk Choices: 1% White, 1% Chocolate  
Daily 100% Juice Choices: Apple, Orange

Scan with your mobile device and view menus on the go!



### No School Thanksgiving Break November 21-23



#### November 1 - E

- A. Mini Pancakes
- B. **French Toast Benefit Bar**  
Banana  
Milk  
Juice

- A. **Stuffed Crust Pepperoni Pizza**
- B. **Teriyaki Chicken w Rice**
- Y. **Wow Butter Sandwich & String Cheese**  
Romaine Salad  
Fresh Veggies & Ranch  
Strawberries & Bananas  
Vanilla Pudding

#### November 2 - A

- A. Breakfast Bites
- B. **Apple Jacks Pouch & Yogurt**  
Craisins-Blueberry  
Milk  
Juice

- A. **Cheeseburger w/Bun**
- B. **Cheese Ravioli w/Roll**
- Y. **Yogurt & Cracker Crisps**  
Salad Mix  
Fries  
Baked Beans  
Fruit Cocktail

#### November 5 - B

- A. Cereal & String Cheese
- B. **Banana Bread**  
Strawberry Applesauce Cup  
Milk  
Juice

- A. **Chicken Tender Bites w/Roll**
- B. **Cheese Bosco w/Marinara**
- Y. **Yogurt & Mini Pancakes**  
Romaine Salad  
Corn  
Applesauce  
Tropical Fruit

#### November 6 - C

- A. Cereal & Yogurt
- B. **Oatmeal Chocolate Chip Benefit Bar**  
Diced Peach Cup  
Milk, Juice

- A. **Hot Dog w/Bun**
- B. **Chili**
- Y. **Wow Butter Sandwich & String Cheese**  
Fresh Baby Carrots  
Creamy Broccoli Salad  
Strawberries/Peaches  
Cinnamon Roll

#### November 7 - D

- A. Pancake Sausage Stick
- B. **Froot Loops Pouch & String Cheese**  
Apple Slices  
Milk, Juice

- A. **Dutch Waffle & Sausage Links**
- B. **Mini Corn Dogs**
- Y. **Yogurt & Muffin**  
Baked Potato Smiles  
Fresh Sliced Cucumber  
Pears  
Pineapple

#### November 8 - E

- A. Cinni Minis
- B. **Cocoa Puff Bar & Yogurt**  
Clementine  
Milk  
Juice

- A. **Chicken Nuggets & Roll**
- B. **Beef Soft Tacos**
- Y. **Wow Butter Sandwich & String Cheese**  
Shredded Lettuce  
Diced Tomatoes  
Taco Fiesta Black Beans  
Fruit Cocktail  
Wild Cherry Frozen Fruit Cup

#### November 9 - A

- A. Sausage Breakfast Pizza
- B. **Lucky Charms Pouch & String Cheese**  
Craisins - Cherry  
Milk, Juice

- A. **Cheese Pizza**
- B. **Nacho Bites**
- Y. **Yogurt & Cracker Crisps**  
Romaine & Spinach Salad  
Broccoli & Cheese  
Fresh Red Pepper Slices  
Grapes

#### November 12 - B

- A. Cereal & String Cheese
- B. **Blueberry Muffin**  
Applesauce Cup  
Milk  
Juice

- A. **Beef & Cheese Quesadilla**
- B. **Breaded Chicken Sandwich**
- Y. **Yogurt & Mini Pancakes**  
Romaine & Spinach Salad  
Sunshine Blend Carrots  
Mandarin Oranges  
Chocolate Pudding

#### November 13 - C

- A. Cereal & Yogurt
- B. **Oatmeal Cinnamon Bun**  
Diced Pear Cup  
Milk  
Juice

- A. **Chicken Strips & Roll**
- B. **Italian Turkey Sub**
- Y. **Wow Butter Sandwich & String Cheese**  
Shredded Lettuce  
Cheesy Mashed Potatoes  
Grape Tomatoes  
Fruit Cocktail

#### November 14 - D

- A. Egg & Cheese Slider
- B. **Apple Jacks Pouch & String Cheese**  
Apple Slices  
Milk, Juice

#### Thanksgiving Meal (see schedule below)

- A. **Cheese Pizza**
- Y. **Yogurt & Muffin**  
Fresh Baby Carrots  
Pineapple  
Pears

#### November 15 - E

- A. Mini Pancakes
- B. **Cinnamon Toast Crunch Pouch & Yogurt**  
Banana  
Milk, Juice

#### Thanksgiving Meal (see schedule below)

- A. **Cheese Pizza**
- Y. **Yogurt & Muffin**  
Fresh Baby Carrots  
Pineapple  
Pears

#### November 16 - A

- A. Dutch Waffle
- B. **Golden Graham Pouch & Yogurt**  
Craisins - Orange  
Milk, Juice

- A. **Cheeseburger on Bun**
- B. **Fish Sticks & Roll**
- Y. **Yogurt & Cracker Crisps**  
Romaine & Spinach Salad  
California Veggies  
Apple Slices

#### November 19 - B

- A. Cereal & String Cheese
- B. **Cinnamon Bread**  
Berry Applesauce Cup  
Milk  
Juice

- LUCKY TRAY DAY!**
- A. **Chicken Nuggets & Roll**
  - Y. **Yogurt & Mini Pancakes**  
Pinto Beans  
Mashed Potatoes & Gravy  
Fresh Broccoli  
Pineapple

#### November 20 - C

- A. Cereal & Yogurt
- B. **Dark Chocolate Chip Benefit Bar**  
Mandarin Orange Cup  
Milk, Juice

- A. **Country Breaded Steak Sandwich**
- B. **Cheese Bosco w/ Marinara**
- Y. **Wow Butter Sandwich & String Cheese**  
Grape Tomatoes  
Power Salad  
Strawberries & Peaches

**November 14 Thanksgiving Meal**  
Cedar Creek, Clearwater Creek, Fairview, Forest View, Havencroft, Heatherstone, Heritage, Madison Place, Manchester Park, Meadow Lane, Millbrooke, Pleasant Ridge, Prairie Center, Ravenwood, Rolling Ridge, Scarborough, Walnut Grove, Woodland

**November 15 Thanksgiving Meal**  
Arbor Creek, Black Bob, Bentwood, Briarwood, Brougham, Central, Countryside, Green Springs, Indian Creek, Mahaffie, Northview, Regency Place, Ridgeview, Sunnyside, Tomahawk, Washington, Westview

#### Thanksgiving Meal Lunch Schedule

- A. **Turkey & Dinner Roll**
- Y. **Yogurt & Mini Pancakes**  
Mashed Potatoes & Gravy  
Corn  
Romaine Salad  
Peaches  
Pumpkin Dessert

#### November 26 - D

- A. Cereal & String Cheese
- B. **Dark Chocolate Chip Muffin**  
Cinnamon Applesauce Cup  
Milk  
Juice

- A. **Mac & Cheese w/ Roll**
- B. **Southern Drumstick & Roll**
- Y. **Yogurt & Mini Pancakes**  
Romaine Salad  
Green Beans  
Pears  
Carnival Cookie

#### November 27 - E

- A. Cereal & Yogurt
- B. **Apple Cinnamon Roll**  
Craisins - Blueberry  
Milk  
Juice

- A. **Chicken Strips & Roll**
- B. **Breaded Chicken Sandwich**
- Y. **Wow Butter Sandwich & String Cheese**  
Romaine Salad  
Sunshine Carrots  
Peaches  
Rosy Applesauce

#### November 28 - A

- A. Pancake Sausage Stick
- B. **Golden Graham Pouch & String Cheese**  
Apple Slices  
Milk, Juice

- A. **French Toast Sticks & Sausage Links**
- B. **Corn Dog**
- Y. **Yogurt & Muffin**  
Potato Triangles  
Baby Carrots  
Mandarin Oranges  
Pineapple

#### November 29 - B

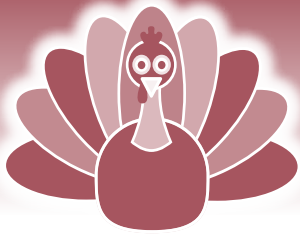
- A. Mini Pancakes
- B. **French Toast Benefit Bar**  
Banana  
Milk  
Juice

- A. **Stuffed Crust Pepperoni Pizza**
- B. **Teriyaki Chicken w/Rice**
- Y. **Wow Butter Sandwich & String Cheese**  
Romaine Salad  
Fresh Veggies & Ranch  
Strawberries & Bananas  
Vanilla Pudding

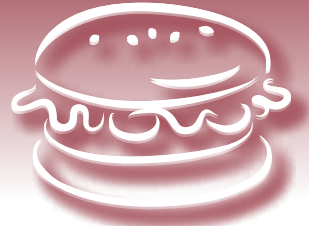
#### November 30 - C

- A. Breakfast Bites
- B. **Apple Jacks Pouch & Yogurt**  
Diced Pear Cup  
Milk  
Juice

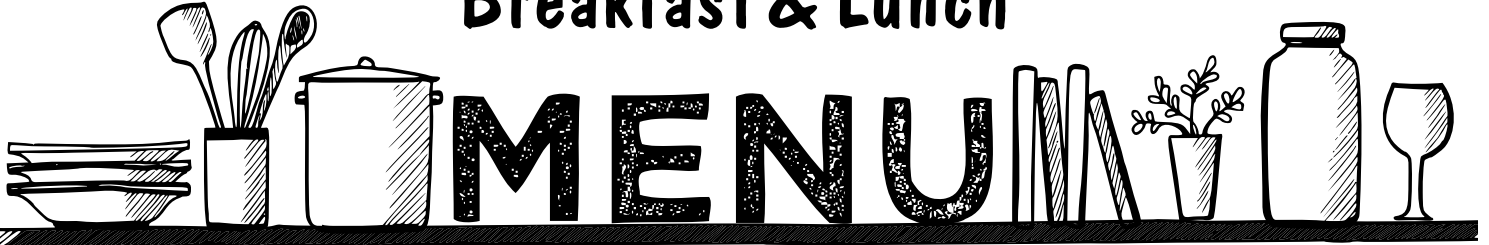
- A. **Cheeseburger w/ Bun**
- B. **Cheese Ravioli W/ Roll**
- Y. **Yogurt & Cracker Crisps**  
Salad Mix  
Fries  
Baked Beans  
Fruit Cocktail



# November 2018



## Breakfast & Lunch



# Café 233

Do you have a question for Cafe 233? Visit our website at [www.olatheschools.org/cafe233](http://www.olatheschools.org/cafe233).  
The USDA is an equal opportunity provider and employer.



### November Grill Day!

Celebrate School Lunch

- A. Grilled Hamburger
- B. Grilled Hot Dog
- Y. Yogurt & Mini Pancakes
- Shredded Lettuce/Onion/Tomato/ Pickles
- Cheddar Sun Chips
- Baked Beans
- Baby Carrots
- Watermelon\*
- Frozen Fruit Swirl

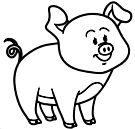
Ravenwood	Friday	November 3, 2018
Northview	Friday	November 17, 2018
Sunnyside	Monday	November 27, 2018
Bentwood	Wednesday	November 29, 2018



\*Fruit may be substituted depending on seasonal availability.

## happy thanksgiving day

Café 233



Do you have a food allergy? Wondering which items have pork in them? Do you need to know how many carbohydrates are in a food item? Check out our website for ingredient labels and nutrition facts.  
<http://www.olatheschools.org/cafe233>



## Have a Healthier Thanksgiving Holiday!

- **Get Active:** Make fitness a family adventure! Take a family walk before and after your Thanksgiving meal. This will give you a chance to catch up with family as well as get your muscles moving!
- **Eat Breakfast:** Eat a nutritious breakfast consisting of protein, whole-grains, fruits and or vegetables. Breakfast can help even out your appetite and allow you to enjoy your holiday meal without overeating.
- **Police Your Portions:** Choose small portions of the holiday favorites you don't get to enjoy all year long. Try to resist the temptation to go back for seconds. Leftovers are much better the next day!
- **Focus on Family and Friends:** Thanksgiving is not only about the delicious bounty of food. It's a time to celebrate relationships with family and friends!

Café 233



Please visit [www.olatheschools.org/cafe233](http://www.olatheschools.org/cafe233) and click on **Catering and Classroom Treats** for details!

### Café 233 Job Openings

Check out our current openings at [CafeJobs.OlatheSchools.com](http://CafeJobs.OlatheSchools.com), and click on the 'Employment Application' link.

