

FREE
for ALL
Students

NOVEMBER 2024
CRA Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily

Galaxy
Cheese
Pizza 🌿

Fruits, Veggies & Milk with Meal
 **Fruits & Veggies May Include:** Sliced Apple, Tangerine, Organic Banana, Grapes, Asian Pear, Organic Dragon Fruit, Organic Persimmon, Frozen Fruit Cup, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Salad.
 **1% Milk* & Nonfat Chocolate Milk***
**from cows not treated with rBST*
This institution is an equal opportunity provider. Menus are subject to change without notice.

1
No school

Cheese
Croissant
Sandwich 🌿

4
Macaroni & Cheese 🌿

5
Crispy Chicken
Drumstick w/
Waffles

6
Crispy Beef &
Cheese Tacos
Lettuce & Tomato Cup
(side)

7
Chicken Double
Dogs*
**no nitrites or nitrates*

8
GF Teriyaki
Chicken w/
Brown Rice 🍴

Cheese Pizza
Wedge 🌿

11
**Veterans
Day**


12
Chicken
Dumplings w/
Teriyaki
Sauce 🍷

13
GF Make Your
Own Nachos

14
Hamburger 🍷
on Potato
Brioche Bun 🍞
Lettuce & Tomato Cup
(side)

15
Bolognese
Spaghetti 🍴

Bean & Cheese
Burrito 🌿

18
Mozzarella
Crunchers 🌿

19
Crispy Chicken
Filet 🍷
Sandwich on
Brioche Bun

20
GF Chicken
Tamale

21
Turkey Feast
(Sliced Turkey*,
Gravy, Mashed Potatoes,
Hawaiian Roll)
**no nitrites or nitrates*

22
Mandarin
Orange Chicken
w/ Chow Mein

25

26

27

28

29

29

Thanksgiving Break

🌿 Vegetarian
GF Gluten Free
✓ Vegan

🍷 Contains Pork
🍷 One Health Cert.
🍷 Contains Sesame

🍴 House-Made
🍷 Grass-fed Beef, Regenerative Ranch
🍞 Locally Baked

📸 Follow Us! @capofood

