

What's on the Menu?

November 2023

Segue Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
November		1 Denver Bowl Corn Muffin	2 Strawberry Breakfast Yogurt Parfait with Granola	3 Egg, & Cheese on a Bagel
6 Bacon, Egg, & Cheese on a Biscuit	7  Cranberry Orange Muffin	8  Pancakes Breakfast Syrup	9  Blueberry Smoothie Blueberry Muffin	10 Ham, Egg, & Cheese on an English Muffin
13 	14  Apple Muffin	15 Breakfast Pizza Eggs, Sausage, Onion, Green Peppers	16  Very Berry Breakfast Yogurt Parfait with Granola	17 Egg & Cheese Wrap
20 Turkey Ham, Egg, & Cheese on a Bagel	21  Blueberry Muffin	22 Waffles Hashbrown Early Dismissal	23 	
27 Ham, Egg, & Cheese on an English Muffin	28  Cranberry Orange Muffin	29  Pancakes Breakfast Syrup	30  Strawberry Breakfast Yogurt Parfait with Granola	

Daily Offerings

Assorted Cereals
Bagels
Fresh Fruit, Chilled Fruit
Craisins, Raisins
100% Fruit Juice
1% Low Fat Milk
Fat Free Chocolate Milk



Bring on Breakfast adds excitement to the beginning of the school day by offering delicious food that fuels the day.



Vegetarian



Locally Grown

Full menus available on Nutrislice!



This institution is an equal opportunity provider.

Meal prices: \$X.XX Lunch, \$X.XX etc.

All meals served with milk, chocolate milk or 100% fruit juice

What's on the Menu?

November 2023

Segue Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1 Local Butternut Squash Vegetarian Chili Homemade Local Corn Tortillas Chips	2 Taco-seasoned Chicken Bowl Seasoned Pinto Beans, Fresh Pico, Lettuce, Cheddar, Sour Cream	3 Sandwich Day Cubano Sandwich Roasted Local Potato Wedges
6 Hot Grilled Monte Cristo Sandwich Roasted Carrot Sticks	7 Austin Beef Twister BBQ Beef & Cheddar on a Wrap Herb Roasted Local Potatoes	 8 Chicken Pasta Primavera with Local Roasted Butternut Squash	9 Chicken & Cheese Quesadilla with Local Narragansett Creamery Cheese Corn & Black Bean	10 Italian-inspired Meatball Sub Roasted Green Beans
 13	14 Nachos Day Local Beef Nachos Fresh Pico de Gallo Local Narragansett Creamery Cheese Local Gotham Greens Lettuce, Guac	 15 Korean Chicken Bulgogi Sesame BBQ Sauce Stir Fried Brown Rice	 16 Pork & Green Bean Stir Fry Caramelized Local Sweet Potatoes	17 Thanks 4 Giving Roasted Turkey Homemade Local Mashed, Gravy, Roasted Local Butternut Squash Apple-Cran Crisp
20 Local Beef Burgers & Impossible Burgers Local Potato Wedges	 21 Homemade Local Butternut Squash Mac & Cheese Roasted Broccoli	22 Baked Local Potato Bar Beef & Bean Chili, Shredded Cheddar, Roasted Broccoli, Pinner Roll	 23	
27 Buffalo Chicken Dip Tortilla Chips Carrots & Celery	 28 French Toast Day Homemade French Toast Local Home Fried Potatoes Chicken Sausage Breakfast Syrup	 29 Albondigas con Arroz Chicken Meatball, Tomatoes, Carrots, Peas, Cilantro Lime Rice	30 Homemade Butternut Squash Soup Toasted Cheese Sandwich with Local Narragansett Creamery Cheese	Global Eats November 16 & 29

Daily Offerings

grilled
 Cheeseburgers, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets or Tenders
 Baked Fries

extra. extra.
 A Variety of Fruit, Vegetables, or Salads
 (Fresh, Local, or Canned)

ON!GO
 Sandwiches, Wraps, Salads, Yogurt Parfaits, and Smoothies

Veg Out
 Veggie Burgers, Grilled Cheese, Roasted Veggie Wrap



chartwells

serving up happy & healthy

Supper Menu - Nov. 2023



1 Chicken Caesar Wrap Celery Sticks Grapes Milk	2 Italian Grinder Garbanzo Beans Juice Milk	3 Tuna Salad Sandwich Cucumbers Apple Milk	4 Buffalo Popcorn Chicken Wrap Broccoli Orange Milk	5 BBQ Chicken Wrap Baby Carrots Apple Milk
6 Chicken Caesar Wrap Celery Sticks Grapes Milk	7 Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk	8 Chicken Club Sandwich Cucumbers Fruit Cocktail Milk	9 Egg Salad Sandwich Buffalo Cauliflower Pear Milk	10 Buffalo Chicken Wrap Baby Carrots Apple Milk
11 No School	14 Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk	15 Tuna Salad Sandwich Cucumbers Apple Milk	16 Buffalo Popcorn Chicken Wrap Broccoli Orange Milk	17 BBQ Chicken Wrap Baby Carrots Apple Milk
20 Chicken Caesar Wrap Celery Sticks Grapes Milk	21 Italian Grinder Garbanzo Beans Juice Milk	22 Chicken Club Sandwich Cucumbers Fruit Cocktail Milk	23 No School	24 No School
27 Chicken Salad Sandwich Three Bean Salad Honeydew Melon Milk	28 Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk	29 Chicken Club Sandwich Cucumbers Fruit Cocktail Milk	30 Egg Salad Sandwich Buffalo Cauliflower Pear Milk	



Any questions,
please contact
the Director of
Dining Services,
or at [dcopass-
usa.com](mailto:dcopass-
usa.com)



All items are made with whole grain.
All meals are served with a variety of fruits and vegetables, local when available.
All meals are served with milk (1% low fat white or fat free chocolate).