



November Breakfast Menu

BISHOP JOHN WALKER SCHOOL | K-12

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk
provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

FRESH FEATURE

Did you know that there are over 2,500 different varieties of apples grown in the United States?

The apples you eat in the cafeteria are from Kilmer Farm Market, located just 72 miles away from DC in West Virginia, making them local, sustainable, and delicious!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <ul style="list-style-type: none">• nonfat yogurt• whole grain granola• fresh apple	7 <ul style="list-style-type: none">• whole grain bagel• light cream cheese• jelly• fresh pear	8 <ul style="list-style-type: none">• pineapple carrot bread• cheese stick• fresh orange	9 <ul style="list-style-type: none">• cinnamon chex cereal• graham crackers• fresh banana• 100% orange juice	10 <ul style="list-style-type: none">• whole grain bagel• light cream cheese• jelly• fresh cantaloupe
13 <ul style="list-style-type: none">• whole grain bagel• light cream cheese• jelly• fresh apple	14 <ul style="list-style-type: none">• nonfat yogurt• whole grain granola• fresh pear	15 <ul style="list-style-type: none">• banana bread• fresh orange	16 <ul style="list-style-type: none">• apple pie parfait• whole grain granola• fresh banana	17 <ul style="list-style-type: none">• honey cheerios• graham crackers• fresh cantaloupe
20 <ul style="list-style-type: none">• whole grain frosted mini-wheats cereal• cheese stick• fresh apple	21 <ul style="list-style-type: none">• nonfat yogurt• whole grain granola• fresh pear	22 no school	23 no school	24 no school
27 <ul style="list-style-type: none">• whole grain bagel• light cream cheese• jelly• fresh apple	28 <ul style="list-style-type: none">• nonfat yogurt• whole grain granola• graham crackers• fresh pear	29 <ul style="list-style-type: none">• frosted flakes cereal• whole grain granola• fresh orange	30 <ul style="list-style-type: none">• banana bread• fresh banana• 100% orange juice	12/1 <ul style="list-style-type: none">• nonfat yogurt• whole grain granola• fresh cantaloupe
12/4 <ul style="list-style-type: none">• nonfat yogurt• whole grain granola• fresh apple	12/5 <ul style="list-style-type: none">• whole grain bagel• light cream cheese• jelly• fresh pear	12/6 <ul style="list-style-type: none">• pineapple carrot bread• cheese stick• fresh orange	12/7 <ul style="list-style-type: none">• cinnamon chex cereal• graham crackers• fresh banana• 100% orange juice	12/8 <ul style="list-style-type: none">• whole grain bagel• light cream cheese• jelly• fresh cantaloupe

no school

HAPPY
no school
THANKSGIVING

no school





SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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November Lunch Menu

BISHOP JOHN WALKER SCHOOL | K-8

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

🌱 = vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

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INTERNATIONAL FOOD DAY

Celebrate the culture and cuisine of the Philippines and Haiti on Tuesday the 14th and Wednesday the 15th!





Chicken Adobo

A traditional Filipino dish seasoned with garlic, soy sauce, and vinegar

Haitian Style Chicken

A traditional Haitian dish made with chicken, bell peppers, and cloves



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <ul style="list-style-type: none"> baked fish sticks hot sauce whole grain roll sunbutter & jelly sandwich sauteed green beans steamed corn fresh pear 	7 <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti mixed greens salad cucumber coins ranch dressing orange wedges 	8 <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla corn tortilla chips chili black beans tomato salsa sour cream fresh banana 	9 <ul style="list-style-type: none"> beef shepherd's pie lentil shepherd's pie whole grain biscuit mashed potatoes steamed carrots cantaloupe 	10 <p>no school</p>
13 <p>no school</p>	14 <ul style="list-style-type: none"> adobo chicken tender veggie chik'n nuggets whole grain roll cucumber salad steamed green beans orange wedges 	15 <ul style="list-style-type: none"> haitian chicken drum jamaican jerk tofu yellow rice red beans sauteed cabbage fresh banana 	16 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun braised collard greens baked sweet potato fries ketchup & mustard cantaloupe 	17 <ul style="list-style-type: none"> cheese pizza baby spinach salad baby carrots honey mustard dressing fresh apple slices
20 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun chipotle pinto beans steamed corn ketchup & mustard fresh pear 	21  <ul style="list-style-type: none"> roasted turkey brown gravy veggie chik'n nuggets vegetarian gravy cornbread muffin sauteed green beans mashed potatoes orange wedges 	22 <p>no school</p>	23 <p>HAPPY no school</p> <p>THANKSGIVING</p>	24 <p>no school</p> 
27 <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese glazed carrots black eyed peas fresh pear 	28 <ul style="list-style-type: none"> crispy fish sandwich sunbutter & jelly sandwich sauteed green beans potato salad hot sauce orange wedges 	29 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup mac & cheese cinnamon roasted butternut squash braised collard greens fresh banana 	30 <ul style="list-style-type: none"> cheese pizza roasted cauliflower steamed green peas cantaloupe 	12/1 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed carrots asian broccoli fresh apple slices
12/4 <ul style="list-style-type: none"> baked fish sticks hot sauce whole grain roll sunbutter & jelly sandwich sauteed green beans steamed corn fresh pear 	12/5 <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti whole grain roll mixed greens salad cucumber coins ranch dressing orange wedges 	12/6 <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla corn tortilla chips chili black beans tomato salsa sour cream fresh banana 	12/7 <ul style="list-style-type: none"> beef shepherd's pie lentil shepherd's pie whole grain biscuit mashed potatoes steamed carrots cantaloupe 	12/8 <ul style="list-style-type: none"> chicken yassa veggie chik'n nuggets jollof rice honey cinnamon sweet potatoes efo spinach fresh apple slices