KIPP CAPITAL HIGH SCHOOL

TRAILBLAZERS

BREAKFAST

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Strawberry Bagel Bites Fresh/Cupped Fruit or Juice Chilled Milk	3 Egg & Cheese Biscuit Fresh/Cupped Fruit or Juice Chilled Milk	4 French Toast Bites Fresh/Cupped Fruit or Juice Chilled Milk	5 Three Cheese Egg Bites & Hash Brown Fresh/Cupped Fruit or Juice Chilled Milk	6 Fresh Baked Muffin Fresh/Cupped Fruit or Juice Chilled Milk
9 Cornbread Poppers with Honey & Hot Sauce Fresh/Cupped Fruit or Juice Chilled Milk	10 Pancakes and Turkey Sausage Fresh/Cupped Fruit or Juice Chilled Milk	11 No School Veteran's Day	12 Cinnamon Churro Fresh/Cupped Fruit or Juice Chilled Milk	13 Breakfast Burrito Fresh/Cupped Fruit or Juice Chilled Milk
16 Cinnamon Swirl Fresh/Cupped Fruit or Juice Chilled Milk	17 Bacon, Egg & Cheese Breakfast Sandwich Fresh/Cupped Fruit or Juice Chilled Milk	18 Berry Dutch Waffle Fresh/Cupped Fruit or Juice Chilled Milk	19 Cheesy Grits with Toppings Fresh/Cupped Fruit or Juice Chilled Milk	20 Corn Muffin Fresh/Cupped Fruit or Juice Chilled Milk
23 Banana Chocolate Oatmeal Round Fresh/Cupped Fruit or Juice Chilled Milk	24 Egg & Cheese Croissant Sandwich Fresh/Cupped Fruit or Juice Chilled Milk	25 No School Thanksgiving Break	26 No School Thanksgiving Break	27 No School Thanksgiving Break
30 Turkey Sausage Biscuit Sandwich Fresh/Cupped Fruit or Juice Chilled Milk				

ALLERGY ALERT

IMPORTANT INFORMATION

If your child has an allergy, please notify the school nurse. All allergies must be documented by a health care professional.

- Menu subject to change without notice. A variety of fresh fruit is offered daily.
- An 8 oz. milk is offered with each meal. Fat free white, 1% white, Lactaid and soy are offered at breakfast.
- Daily options: Bagels, Cereal & Graham Crackers, Yogurt Parfait and Smoothies.

USDA is an equal opportunity provider, employer and lender.

Questions?
Contact Food Service Director
Cindy Yonkers
518-360-6152

KIPP CAPITAL HIGH SCHOOL

TRAILBLAZERS

LUNCH

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheesy Breadsticks & Sauce Smokey Collard Greens Diced Peaches Chilled Milk	3 Sweet & Spicy Meatballs/Roll Baked Curly Fries Applesauce Cup Chilled Milk	4 Jamaican Beef Pattie with Cheese Red Pepper Strips Mango Chilled Milk	5 Baked Chicken Thigh with a Garlic Breadstick Cucumber Coins Orange Wedges Chilled Milk	6 Chicken & Waffles BBQ Veggie Beans Fresh Apple Chilled Milk
9 Buffalo Chicken Dip with Tostitos Celery Sticks Applesauce Cup Chilled Milk	10 Beefy Cheesey Loaded Baked Potato Garlic Parm Flatbread Banana Chilled Milk	11 No School Veteran's Day	12 Spaghetti & Meatballs Steamed Broccoli Diced Pears Chilled Milk	13 Cheese Croissant with Tomato Soup Fresh Strawberries Chilled Milk
16 Mozzerella Sticks & Sauce Steamed Broccoli Diced Peaches Chilled Milk	17 Chipotle Chicken Taco Salad Chili Black Beans Fresh Apple Chilled Milk	18 Blackened Tilapia/Cornbread Baked Plantains Melon Wedge Chilled Milk	19 General Tso's Chicken/Yellow Rice Garlicky Green Beans Pineapple Tidbits Chilled Milk	20 Cheeseburger Deluxe Baby Carrots/Ranch Mixed Fruit Chilled Milk
23 Hot Dog on a Bun with Toppings Sweet Potatoes Mixed Fruit Chilled Milk	24 Soft Chicken Tacos Corn Cobbette Fresh Melon Chilled Milk	25 No School Thanksgiving Break	26 No School Thanksgiving Break	27 No School Thanksgiving Break
30 Ramen Noodle Bowl Carrots/Edamame Blanched Broccoli Fresh Grapes Chilled Milk				

ALLERGY ALERT

IMPORTANT INFORMATION

If your child has an allergy, please notify the school nurse. All allergies must be documented by a health care professional.

- Menu subject to change without notice. A variety of fresh fruit is offered daily.
- An 8 oz. milk is offered with each meal. Fat free white, 1% white, Lactaid and soy are offered at lunch.
- Daily stations: Assorted Pizza, Deli Sandwiches & Salad

USDA is an equal opportunity provider, employer and lender.

Questions?
Contact Food Service Director
Cindy Yonkers
518-360-6152

KIPP CAPITAL HIGH SCHOOL

TRAILBLAZERS

SNACK

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Doritos String Cheese	3 Giant Goldfish Banana	4 2 oz. Muffin 6 oz. Apple Juice	5 Bunny Grahams Fresh Pear	6 Pretzels Fresh Apple
9 Cinnamon Scooby Snacks Apple	10 Cheetos String Cheese	11 No School Veteran's Day	12 Cheez-its Fresh Pear	13 2 oz. Muffin Top Mandarin Oranges
16 Pretzels Fresh Apple	17 Doritos Banana	18 2 oz. Muffin 6 oz. Apple Juice	19 Tostitos & Salsa String Cheese	20 Giant Goldfish Banana
23 Cheddar Bunnies Fresh Apple	24 Cheetos String Cheese	25 No School Thanksgiving Break	26 No School Thanksgiving Break	27 No School Thanksgiving Break
30 Chocolate Scooby Snacks Apple				

ALLERGY ALERT

IMPORTANT INFORMATION

If your child has an allergy, please notify the school nurse. All allergies must be documented by a health care professional.

• Menu subject to change without notice.

If you have any questions or concerns, please contact Cindy Yonkers, Food Service Director, at 518-360-6152.

USDA is an equal opportunity provider, employer and lender.

Questions?
Contact Food Service Director Cindy Yonkers
518-360-6152