

Breakfast Menu



november 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Whole Grain Bagel w/ Cream Cheese(200) Whole Fruit (200) Whole Fruit (Nectarine)(200) 1% White Milk(140) Fat Free White Milk(50)	2 Mini Blueberry Pancakes(200) Whole Fruit (Nectarine)(200) Apple(200) 1% White Milk(140) Fat Free White Milk(50)	3 Mantecada Sweet Bread(200) Apple Sauce(200) Pear(200) 1% White Milk(140) Fat Free White Milk(50)	4 Breakfast Cheese Tamale(200) Whole Fruit (200) 100% Fruit Juice (200) 1% White Milk(140) Fat Free White Milk(50)	5 Apple Jacks w/ Granola(200) Craisins(200) Whole Fruit (Nectarine)(200) 1% White Milk(140) Fat Free White Milk(50)	6	7
8 Cereal w/ Honey Grahams (200) Whole Fruit (200) Whole Fruit (Nectarine)(200) 1% White Milk(140) Fat Free White Milk(50)	9 Bean & Cheese Burrito w/ Hot Sauce(200) Whole Fruit (Nectarine)(200) Apple(200) 1% White Milk(140) Fat Free White Milk(50)	10 Mango Bar(200) Pear(200) Pear(200) 1% White Milk(140) Fat Free White Milk(50)	11	12 Mini Soybutter & Jelly Sandwich(200) Craisins(200) Whole Fruit (Nectarine)(200) 1% White Milk(140) Fat Free White Milk(50)	13	14
15 Coffee Cake(200) Whole Fruit (200) Whole Fruit (Nectarine)(200) 1% White Milk(140) Fat Free White Milk(50)	16 Mini Banana Pancakes (200) Whole Fruit (Nectarine)(200) Apple(200) 1% White Milk(140) Fat Free White Milk(50)	17 Yogurt Parfait w/ Strawberries & Granola(200) Apple Sauce(200) 1% White Milk(140) Fat Free White Milk(50)	18 Chicken & Waffle w/ Syrup(200) Whole Fruit (200) 100% Fruit Juice (200) 1% White Milk(140) Fat Free White Milk(50)	19 Apple Jacks w/ Granola(200) Craisins(200) Whole Fruit (Nectarine)(200) 1% White Milk(140) Fat Free White Milk(50)	20	21
22	23	24	25	26	27	28
29	30					

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Lunch Menu



november 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Beef Chili Cheese Fries w/ Cinnamon Chips(200) Pear(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	2 Beef Nachos w/ Tortilla Chips(200) Baby Carrots(200) 100% Fruit Juice (200) Whole Fruit(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	3 Chicken Nuggets & Mashed Potatoes(200) Edamame w/ Tajin(200) Banana(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	4 Chicken Burrito Bowl w/ WG Cookie(200) Baby Carrots 2(200) Nectarine(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	5 Pizza hut(48 pizza's) Apple(200) 1% White Milk(50) Chocolate milk(200)	6	7
8 Cheeseburger w/ Oven Baked Fries(200) Pear(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	9 Baked Ziti w/ Meat Sauce(200) Baby Carrots(200) 100% Fruit Juice (200) Whole Fruit(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	10 Build Your Own Turkey Tacos w/ Refried Beans, Tortillas & Celery(200) Banana(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	11 Veteran's Day	12 Pizza Hut (48 pizza's) vegetables fruit 1% milk chocolate milk	13	14
15 Cheeseburger w/ Oven Baked Fries(200) Pear(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	16 Turkey Chili w/ Original Popped Chips(200) Baby Carrots(200) 100% Fruit Juice (200) Whole Fruit(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	17 Chicken Tamale w/ Mixed Vegetables (200) Edamame w/ Hot Sauce(200) Banana(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	18 Spaghetti & Meatballs(200) Baby Carrots 2(200) Nectarine(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	19 Holiday Turkey, Mashed Potatoes w/ Gravy & Dinner Roll(200) House Salad w/ Italian(200) Apple(200) 1% White Milk(50) Fat Free Chocolate Milk(150)	20	21
22	23	24	25	26	27	28
29	30					

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