

Breakfast Menu



november 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Whole Grain Bagel w/ Cream Cheese(170) Whole Fruit (80) Whole Fruit (Nectarine)(119) 1% White Milk(70) Fat Free White Milk(35)	2 Mini Blueberry Pancakes(170) Whole Fruit (Nectarine)(99) Apple(80) 1% White Milk(70) Fat Free White Milk(35)	3 Mantecada Sweet Bread(170) Apple Sauce(40) Pear(50) 1% White Milk(70) Fat Free White Milk(35)	4 Breakfast Cheese Tamale(170) Whole Fruit (85) 100% Fruit Juice (170) 1% White Milk(70) Fat Free White Milk(35)	5 Apple Empanada(170) Craisins(30) Whole Fruit (Nectarine)(119) 1% White Milk(70) Fat Free White Milk(35)	6	7
8 Blueberry Muffin Flat(170) Whole Fruit (85) Whole Fruit (Nectarine)(119) 1% White Milk(77) Fat Free White Milk(26)	9 Bean & Cheese Burrito w/ Hot Sauce(170) Whole Fruit (Nectarine)(119) Apple(85) 1% White Milk(77) Fat Free White Milk(26)	10 Mango Bar(170) Pear(51) Pear(51) 1% White Milk(77) Fat Free White Milk(26)	11	12 Apple Jacks w/ Granola(100) Craisins(20) Whole Fruit (Nectarine)(70) 1% White Milk(35)	13	14
15 Coffee Cake(170) Whole Fruit (85) Whole Fruit (Nectarine)(119) 1% White Milk(70) Fat Free White Milk(35)	16 Mini Banana Pancakes (170) Whole Fruit (Nectarine)(119) Apple(85) 1% White Milk(70) Fat Free White Milk(35)	17 Yogurt Parfait w/ Strawberries & Granola(170) Apple Sauce(51) 1% White Milk(70) Fat Free White Milk(35)	18 Chicken & Waffle w/ Syrup(170) Whole Fruit (85) 100% Fruit Juice (170) 1% White Milk(70) Fat Free White Milk(35)	19 Strawberry Muffin(170) Craisins(25) Whole Fruit (Nectarine)(119) 1% White Milk(70) Fat Free White Milk(35)	20	21
22 Pan Dulce(170) Whole Fruit (85) Whole Fruit (Nectarine)(119) 1% White Milk(70) Fat Free White Milk(35)	23 Strawberry Muffin(170) Whole Fruit (Nectarine)(119) Apple(85) 1% White Milk(70) Fat Free White Milk(35)	24 Frosted Flakes w/ Chocolate Grahams(170) Pear(51) Pear(51) 1% White Milk(70) Fat Free White Milk(35)	25	26	27	28
29	30 Mini Maple Pancakes(170) Whole Fruit (Nectarine)(119) Apple(85) 1% White Milk(70) Fat Free White Milk(35)					

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Cheeseburger w/ Oven Baked Fries(170) Pear(51) 1% White Milk(35) Fat Free Chocolate Milk(70)	2 Pizza Hut Pepperoni Pizza(288) Pizza Hut Cheese Pizza(16) Baby Carrots(50) Whole Fruit(20) 100% Fruit Juice (80) Fat Free Chocolate Milk(70) 1% White Milk(35)	3 Chicken Tamale w/ Mixed Vegetables (170) Edamame w/ Tajin(9) Banana(136) 1% White Milk(35) Fat Free Chocolate Milk(70)	4 Chicken Burrito Bowl w/ WG Cookie(110) Buffalo Chicken Salad w/ Wheat Crackers (60) Baby Carrots 2(51) Nectarine(136) 1% White Milk(26) Fat Free Chocolate Milk(68)	5 Beef, Bean & Cheese Burrito w/ Hot Sauce(170) House Salad w/ Italian(51) Apple(85) 1% White Milk(35) Fat Free Chocolate Milk(70)	6	7
8 Chicken Patty Burger w/ Oven Baked Fries (170)	9 Baked Ziti w/ Meat Sauce(170) Baby Carrots(51) 100% Fruit Juice (170) Whole Fruit(85) 1% White Milk(35) Fat Free Chocolate Milk(70)	10 Chicken Tamale w/ Mixed Vegetables & Bean Salad(170) Banana(136) 1% White Milk(35) Fat Free Chocolate Milk(70)	11	12 Beef, Bean & Cheese Burrito w/ Hot Sauce(110) Chicken Taco Salad w/ Nacho Chips(60) Kale & Green Apple Salad w/ Ranch(9) Apple(85) 1% White Milk(26) Fat Free Chocolate Milk(68)	13	14
15 Honey-Mustard Grilled Chicken Sandwich w/ Oven Baked Fries(100) Cheeseburger w/ Oven Baked Fries(70) Pear(51) 1% White Milk(26) Fat Free Chocolate Milk(68)	16 Beef Nachos w/ Tortilla Chips(170) Baby Carrots(51) 100% Fruit Juice (170) Whole Fruit(85) 1% White Milk(35) Fat Free Chocolate Milk(70)	17 Orange Chicken w/ Not-So-Fried Rice(170) Edamame w/ Hot Sauce(9) Banana(136) 1% White Milk(35) Fat Free Chocolate Milk(70)	18 Spaghetti & Meatballs(170) Baby Carrots 2(51) Nectarine(136) 1% White Milk(35) Fat Free Chocolate Milk(70)	19 Chicken Taco Salad w/ Nacho Chips(20) Holiday Turkey, Mashed Potatoes w/ Gravy & Dinner Roll(70) House Salad w/ Italian(30) Apple(30) Fat Free Chocolate Milk(35)	20	21
22	23	24	25	26	27	28
29 Beef Hot Dog on WG Bun w/ Oven Baked Fries(100) Cheeseburger w/ Oven Baked Fries(70) Pear(51) 1% White Milk(26) Fat Free Chocolate Milk(68)	30 Cheese Tamale w/ Mixed Vegetables(170) Baby Carrots(51) 100% Fruit Juice (170) 1% White Milk(26) Fat Free Chocolate Milk(68)					

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Snack Menu



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 WG Cheese Puffs(50) Pear(50)	2 WG Strawberry Chex Mix(50) Apple(50)	3 WG Honey Grahams(50) 100% Fruit Juice Snack(50)	4 WG Mini Blueberry Muffin(50) Pear(50)	5 WG Cinnamon Gripz(50) 100% Fruit Juice (50)	6	7
8 WG Multi-Grain Bar(50) Pear(50)	9 Baked Chips 2(50) Apple(50)	10 WG Pretzels(50) 100% Fruit Juice Snack(50)	11	12 WG Cinnamon Grahams(50) 100% Fruit Juice (50)	13	14
15 WG Graham Crackers(50) Pear(50)	16 WG Pop-Tart(50) Apple(50)	17 WG Cereal Pouch(50) 100% Fruit Juice Snack(50)	18 WG Baked Chips(50) Pear(50)	19 WG Cheese Puffs(50) 100% Fruit Juice (50)	20	21
22	23	24	25	26	27	28
29 WG Multi-Grain Bar(50) Pear(50)	30 Baked Chips 2(50) Apple(50)					

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