

November 2023

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Banana Bread 100% Fruit Juice 4 oz Apple 1% Low Fat White Fat Free White Milk Allergy Friendly Cocoa Krispies w/ Cinnamon Granola	2 French Toast Sticks w/ Syrup Pear Banana (1/2 C) 1% Low Fat White Fat Free White Milk Allergy Friendly Rice Krispies w/ Strawberry Granola	3 Vanilla Mini Loaf w/ String Cheese Pear (1/2 C) Apple 1% Low Fat White Fat Free White Milk Allergy Friendly Corn Chex w/ Chocolate Granola
6	7 Bean & Cheese Breakfast Burrito Orange (1/2 C) Pear 1% Low Fat White Fat Free White Milk Allergy Friendly Cheerios w/ Chocolate Granola	8 Frosted Flakes Cereal w/ Honey Grahams Yogurt w/ Honey Grahams 100% Fruit Juice 4 oz Apple 1% Low Fat White Fat Free White Milk Allergy Friendly Cocoa Krispies w/ Cinnamon Granola	9	10
13 Mantecada Sweet Bread Orange (1/2 C) Apple 1% Low Fat White Fat Free White Milk Allergy Friendly Cinnamon Chex Cereal w/ Strawberry Granola	14 Vanilla Concha Orange (1/2 C) Pear 1% Low Fat White Fat Free White Milk Allergy Friendly Cheerios w/ Chocolate Granola	15 Banana Bread 100% Fruit Juice 4 oz Apple 1% Low Fat White Fat Free White Milk Allergy Friendly Cocoa Krispies w/ Cinnamon Granola	16 Lemon Muffin Egg & Cheese English Muffin Sandwich Banana (1/2 C) Pear 1% Low Fat White Fat Free White Milk Allergy Friendly Rice Krispies w/ Strawberry Granola	17 Cinnamon Chex Cereal w/ Honey Grahams Bagel w/ Cream Cheese Pear (1/2 C) Apple 1% Low Fat White Fat Free White Milk Allergy Friendly Corn Chex w/ Chocolate Granola
20	21	22	23	24
27 Cinnamon Bar Orange (1/2 C) Apple 1% Low Fat White Fat Free White Milk	28 Vanilla Concha Orange (1/2 C) Pear 1% Low Fat White Fat Free White Milk	29 Cinnamon Roll 100% Fruit Juice 4 oz Apple 1% Low Fat White Fat Free White Milk	30 Vanilla Muffin French Toast Sticks w/ Syrup Banana (1/2 C) Pear 1% Low Fat White Fat Free White Milk	



All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. **Menus are subject to change without notice.**

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Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Chicken Tamale w/ Seasoned Corn Cheese Pizza Kit Chicken Enchilada w/ Salsa Verde Celery Sticks (1/2 C) Banana (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Chicken Fajita Bowl w/ Green Beans</p>	<p>2</p> <p>Turkey Nachos w/ Refried Beans & Poptillas Bean & Cheese Pupusa w/ Pinto Beans Jicama Slices (1/2 C) Apple (1/2 C) Orange 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Beef Veggie Bowl w/ Zucchini</p>	<p>3</p> <p>Beef, Bean & Cheese Burrito Deep Dish Cheese Pizza Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Orange (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Turkey California Vegetable Bowl</p>
<p>6</p> <p>Field Trip- Sunbutter & StringCheese w/ Fruit & Veg Fat Free Chocolate Milk 1% Low Fat White Allergy Friendly Turkey Burrito Bowl</p>	<p>7</p> <p>Cheese Lasagna w/ Tomato Basil Sauce & Wheat Cracker Chicken Bites w/ Mashed Potatoes Baby Carrots (1/2 C) Orange (1/2 C) Apple 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Turkey Marinara Bowl & Peas</p>	<p>8</p> <p>Cheese Pizza Kit Chicken Tamale w/ Seasoned Coin Carrots Chicken Poptilla Soup Celery Sticks (1/2 C) Banana (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Chicken Fajita Bowl w/ Green Beans</p>	<p>9</p> <p>Turkey Nachos w/ Refried Beans & Poptillas Bean & Cheese Pupusa w/ Pinto Beans Chicken Burrito Bowl w/ Black Beans Jicama Slices (1/2 C) Apple (1/2 C) Orange 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Beef Veggie Bowl w/ Zucchini</p>	<p>10</p>
<p>13</p> <p>Crispy Chicken Sandwich w/ Oven Baked Fries Cheese Melt Sandwich w/ Oven Baked Fries Baby Carrots (1/2 C) Orange 100% Fruit Juice 4 oz 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Turkey Burrito Bowl</p>	<p>14</p> <p>Baked Beef Ziti w/ Wheat Crackers Wowbutter & Jelly Sandwich w/ Baby Carrots Turkey & Cheese Sub Sandwich w/ Baby Carrots Baby Carrots (1/2 C) Orange (1/2 C) Apple 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Turkey Marinara Bowl & Peas</p>	<p>15</p> <p>Chicken Tamale w/ Seasoned Coin Carrots Chicken Teriyaki w/ Yakisoba Noodles & Carrot-Cabbage Mix Celery Sticks (1/2 C) Banana (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Chicken Fajita Bowl w/ Green Beans</p>	<p>16</p> <p>Turkey Nachos w/ Refried Beans & Poptillas Bean & Cheese Burrito w/ Pinto Beans Jicama Slices (1/2 C) Apple (1/2 C) Orange 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Beef Veggie Bowl w/ Zucchini</p>	<p>17</p> <p>Deep Dish Pepperoni Pizza Grilled Cheese Sandwich Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Orange (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk Allergy Friendly Turkey California Vegetable Bowl</p>

20	21	22	23	24
<p data-bbox="370 226 394 258">27</p> <p data-bbox="159 342 394 657">Cheeseburger w/ Oven Baked Fries Grilled Chicken Sandwich w/ Oven Baked Fries & BBQ Sauce Cheese Torta Sandwich Baby Carrots (1/2 C) Orange 100% Fruit Juice 4 oz 1% Low Fat White Fat Free Chocolate Milk</p>	<p data-bbox="630 226 654 258">28</p> <p data-bbox="418 258 654 657">Baked Beef Ziti w/ Wheat Crackers Wowbutter & Jelly Sandwich w/ Baby Carrots Beef Bulgogi w/ Broccoli Turkey & Cheese Sub Sandwich w/ Baby Carrots Baby Carrots (1/2 C) Orange (1/2 C) Apple 1% Low Fat White Fat Free Chocolate Milk</p>	<p data-bbox="889 226 914 258">29</p> <p data-bbox="678 373 898 657">Cheese Pizza Kit Chicken Tamale w/ Seasoned Coin Carrots Chicken Bites & Waffles w/ Roasted Potatoes Celery Sticks (1/2 C) Banana (1/2 C) Pear 1% Low Fat White Fat Free Chocolate Milk</p>	<p data-bbox="1149 226 1174 258">30</p> <p data-bbox="938 310 1174 657">Turkey Nachos w/ Refried Beans & Poptillas Bean & Cheese Pupusa w/ Pinto Beans Chicken Fajitas w/ Pinto Beans & Poptillas Cucumber Slices (1/2 C) w/ Tajin Apple (1/2 C) Orange 1% Low Fat White Fat Free Chocolate Milk</p>	



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