

November 2023

BREAKFAST

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



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
		1 Cheese Pizza Kit Cheese Tamale w/ Black Beans Chicken Tamale w/ Seasoned Corn Celery Sticks (1/4 C) Banana (1/2 C) 1% Low Fat White Fat Free Chocolate Milk	2 Turkey Nachos w/ Refried Beans & Poptillas Chicken Taco Salad Bean & Cheese Pupusa w/ Pinto Beans Turkey & Cheese Torta Sandwich w/ Garbanzo Pico Salad Jicama Slices (1/4 C) Apple (1/2 C) 1% Low Fat White Fat Free Chocolate Milk	3 Beef, Bean & Cheese Burrito Deep Dish Cheese Pizza Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Orange (1/2 C) 1% Low Fat White Fat Free Chocolate Milk
6	7 Wowbutter & Jelly Sandwich w/ Baby Carrots Chicken Bites w/ Mashed Potatoes Baby Carrots (1/2 C) Orange (1/2 C) 1% Low Fat White Fat Free Chocolate Milk	8 Cheese Pizza Kit Chicken Tamale w/ Seasoned Coin Carrots Chicken Poptilla Soup Celery Sticks (1/4 C) Banana (1/2 C) 1% Low Fat White Fat Free Chocolate Milk	9 Turkey Nachos w/ Refried Beans & Poptillas Chicken Taco Salad Chicken Burrito Bowl w/ Black Beans Turkey & Cheese Torta Sandwich w/ Garbanzo Pico Salad Jicama Slices (1/4 C) Apple (1/2 C) 1% Low Fat White Fat Free Chocolate Milk	10
13 Crispy Chicken Sandwich w/ Oven Baked Fries Cheese Torta Sandwich Turkey & Cheese Torta Sandwich Baby Carrots (1/4 C) Side of Oven Baked Fries (1/2 C) 100% Fruit Juice 4 oz 1% Low Fat White Fat Free Chocolate Milk	14 Baked Beef Ziti Wowbutter & Jelly Sandwich w/ Baby Carrots Turkey & Cheese Sub Sandwich w/ Baby Carrots Baby Carrots (1/2 C) Orange (1/2 C) 1% Low Fat White Fat Free Chocolate Milk	15 Cheese Tamale w/ Black Beans Chicken Teriyaki w/ Yakisoba Noodles & Carrot-Cabbage Mix Chicken Tamale w/ Seasoned Coin Carrots Celery Sticks (1/4 C) Banana (1/2 C) 1% Low Fat White Fat Free Chocolate Milk	16 Turkey Nachos w/ Refried Beans & Poptillas Bean & Cheese Burrito w/ Pinto Beans Jicama Slices (1/4 C) Apple (1/2 C) 1% Low Fat White Fat Free Chocolate Milk	17 Deep Dish Pepperoni Pizza Grilled Cheese Sandwich Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Orange (1/2 C) 1% Low Fat White Fat Free Chocolate Milk
20	21	22	23	24

27

Cheeseburger w/ Oven Baked Fries
Torta Cheese Sandwich
Turkey & Cheese Torta Sandwich
Baby Carrots (1/4 C)
100% Fruit Juice 4 oz
1% Low Fat White
Fat Free Chocolate Milk

28

Baked Beef Ziti
Wowbutter & Jelly Sandwich w/ Baby Carrots
Turkey & Cheese Sub Sandwich w/ Baby Carrots
Baby Carrots (1/2 C)
Orange (1/2 C)
1% Low Fat White
Fat Free Chocolate Milk

29

Cheese Pizza Kit
Chicken Bites & Waffles w/ Roasted Potatoes
Celery Sticks (1/4 C)
Banana (1/2 C)
1% Low Fat White
Fat Free Chocolate Milk

30

Turkey Nachos w/ Refried Beans & Poptillas
Double Cheese Sandwich w/Garbanzo Pico Salad
Chicken Taco Salad
Bean & Cheese Pupusa w/ Pinto Beans
Jicama Slices (1/4 C)
Apple (1/2 C)
1% Low Fat White
Fat Free Chocolate Milk



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