

Breakfast Menu

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Cheese Tamale Fruit Milk
4 Fruit Loops Cereal Whole Grain Bites Fruit Cup Fruit Milk	5 Mini Maple Waffle 100% Fruit Juice Fruit Milk	6 Orange Muffin Fruit Milk	7 Mango Bar Fruit Milk	8 Mini Maple Pancakes Fruit Milk
11 Veteran's Day	12 Chicken & Waffle *v: Waffles* Syrup 100% Fruit Juice Fruit Milk	13 Bagel w/ Cream Cheese Fruit Milk	14 Pan Dulce Fruit Milk	15 Bean & Cheese Burrito Hot Sauce Fruit Milk
18 Frosted Flakes Cereal Whole Grain Bites Fruit Milk	19 Pancake & Sausage V: Pancakes Syrup 100% Fruit Juice Fruit Milk	20 Banana Bread Fruit Milk	21 Blueberry Muffin Fruit Milk	22 Mini Confetti Pancake Fruit Milk
25 San Franola Cereal Fruit Cup Fruit Milk	26 Breakfast Cheese Tamale 100% Fruit Juice Fruit Milk	27 Pumpkin Muffin Fruit Milk	28 Thanksgiving Holiday Break	

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Cold Breakfast Menu



November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Mini Loaf & String Cheese <i>Fruit</i> <i>Milk</i>
4 Fruit Loops Cereal <i>Whole Grain Bites</i> <i>Fruit Cup</i> <i>Fruit</i> <i>Milk</i>	5 Apple Chewie Bar <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	6 Orange Muffin <i>Fruit</i> <i>Milk</i>	7 Mango Bar <i>Fruit</i> <i>Milk</i>	8 Banana Bread <i>Fruit</i> <i>Milk</i>
11 Veteran's Day	12 Pumpkin Muffin <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	13 Bagel w/ Cream Cheese <i>Fruit</i> <i>Milk</i>	14 Pan Dulce <i>Fruit</i> <i>Milk</i>	15 Yogurt Granola <i>Fruit</i> <i>Milk</i>
18 Frosted Flakes Cereal <i>Whole Grain Bites</i> <i>Fruit</i> <i>Milk</i>	19 Pan Dulce <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	20 Banana Bread <i>Fruit</i> <i>Milk</i>	21 Blueberry Muffin <i>Fruit</i> <i>Milk</i>	22 Mango Bar <i>Fruit</i> <i>Milk</i>
25 San Franola Cereal <i>Fruit Cup</i> <i>Fruit</i> <i>Milk</i>	26 Banana Bread <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	27 Pumpkin Muffin <i>Fruit</i> <i>Milk</i>	28	29 Thanksgiving Holiday Break

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Lunch Specials Nor Cal



November 2019

**Tuesday
November 12th**

Spicy Nacho Chicken Sandwich

Our popular breaded chicken patty burger but with a few extra toppings! Nacho cheese sauce, flammimg hot battered onion ring (colored with beet powder), and jalapenos make this special *HOT* !



**Friday & Wednesday
November 22th / 27th**

Baked Turkey "Dinner"

A slice of carved turkey breast topped with brown gravy, served with mashed potatoes and a side of cranberry sause. Served with a whole grain dinner roll.



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Lunch Menu K-8

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Teriyaki Chicken Not So Fried Rice <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
4 Cheese Tamale Mixed Vegetables <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	5 Chicken Nuggets <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	6 Orange Chicken Chow Mein Noodles <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	7 Breakfast for Lunch: French Toast, Turkey Sausage, & Tots <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	8 Baked Ziti w/ Meat Sauce <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
11 Veterans Day	12 Chicken Patty Burger <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i> <i>Special</i>	13 Turkey Chili Popped Corn Chips <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	14 Breaded Chicken Leg Mac & Cheese <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	15 Wet Chicken Burrito w/ Green Sauce <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
18 Turkey Nachos Tortilla Chips <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	19 Cheeseburger <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	20 Spaghetti & Meatballs <i>Baby Tomatoes</i> <i>Fruit</i> <i>Milk</i>	21 Beef Nacho Burrito <i>Side Salad</i> <i>Premium Bulk Fruit Day</i> <i>Milk</i>	22 Baked Turkey Mashed Potatoes & Gravy <i>Cranberry Sauce</i> <i>Baby Carrots</i> <i>Dinner Roll</i> <i>100% Fruit Juice</i> <i>Milk</i>
25 Green Chicken Enchiladas <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	26 Corn Dog <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	27 Cheese Lasagna <i>Side Salad</i> <i>Fruit</i> <i>Milk</i> <i>Special</i>	28 Thanksgiving Break	

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Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.

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Vegetarian Lunch Menu K-8



November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Plant-Based "Chicken" Teriyaki Not So Fried Rice Baby Carrots 100% Fruit Juice Milk
4 Cheese Tamale Mixed Vegetables Baby Carrots 100% Fruit Juice Milk	5 Plant-Based "Chicken" Tenders Oven Baked Fries Popped Chips Fruit Milk	6 Plant-Based "Chicken" Chow Mein Noodles Baby Carrots Fruit Milk	7 Breakfast for Lunch: French Toast, Plant-Based "Chicken" Tenders, & Tots Side Salad Fruit Milk	8 Cheesy Baked Ziti w/ Marinara Sauce Baby Carrots 100% Fruit Juice Milk
11 Veterans Day	12 Vegetarian Burger Oven Baked Fries Fruit Milk	13 Bean & Cheese Chili Popped Corn Chips Baby Carrots Fruit Milk	14 Mac & Cheese Side Salad Fruit Milk	15 Wet Bean & Cheese Burrito w/ Green Sauce Baby Carrots 100% Fruit Juice Milk
18 Turkey Nachos Tortilla Chips Baby Carrots 100% Fruit Juice Milk	19 Vegetarian Burger Oven Baked Fries Fruit Milk	20 Baked Spaghetti w/ Plant Based "Beef" Baby Tomatoes Fruit Milk	21 Bean & Cheese Burrito Side Salad Premium Bulk Fruit Day Milk	22 Plant-based "Chicken" Mashed Potatoes & Gravy Cranberry Sauce Baby Carrots Dinner Roll 100% Fruit Juice Milk
25 Green Cheese Enchiladas Baby Carrots 100% Fruit Juice Milk	26 Plant-Based "Chicken" Tenders Oven Baked Fries Popped Chips Fruit Milk	27 Cheese Lasagna Side Salad Fruit Milk	28 29 Thanksgiving Break	

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Sandwich Menu K-8



November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Turkey Ham & Cheese Sandwich <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
4 Wowbutter Sandwich <i>Baby Carrots</i> <i>Fruitable Juice</i> <i>Fruit</i> <i>Milk</i>	5 Deli Chicken & Cheese Sandwich <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	6 Beef Pastrami & Cheese Sandwich <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	7 Turkey & Cheese Sandwich <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	8 Turkey Ham & Cheese Sandwich <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
11 Veteran's Day	12 Deli Chicken & Cheese Sandwich <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	13 Beef Pastrami & Cheese Sandwich <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	14 Turkey & Cheese Sandwich <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	15 Build Your Own Tuna Sandwich <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
18 Wowbutter Sandwich <i>Baby Carrots</i> <i>Fruitable Juice</i> <i>Fruit</i> <i>Milk</i>	19 Deli Chicken & Cheese Sandwich <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	20 Club Sandwich <i>*Contains Pork*</i> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	21 Wowbutter Sandwich <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	22 Turkey Ham & Cheese Sandwich <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
25 Wowbutter Sandwich <i>Baby Carrots</i> <i>Fruitable Juice</i> <i>Fruit</i> <i>Milk</i>	26 Deli Chicken & Cheese Sandwich <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	27 Beef Pastrami & Cheese Sandwich <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	28 29 Thanksgiving Break	

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Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.

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Salad Entrée Menu K-8



November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 FS Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice Milk
4 Mexican Chicken Salad Popped Corn Chips Hot Sauce Baby Carrots 100% Fruit Juice Milk	5 Southwest Chicken Salad Dinner Roll Ranch Dressing Oven Baked Fries Fruit Cup Milk	6 Tuna Salad Wheat Crackers Ranch Dressing Baby Carrots Fruit Milk	7 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	8 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice Milk
11 Veteran's Day	12 Southwest Chicken Salad Dinner Roll Ranch Dressing Oven Baked Fries Fruit Milk	13 Cobb Salad <i>*Contains Pork*</i> Dinner Roll Ranch Dressing Baby Carrots Fruit Milk	14 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	15 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice Milk
18 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice Milk	19 <i>new</i> Chicken Tortilla Soup Oven Baked Fries Fruit Cup Milk 	20 Tuna Salad Wheat Crackers Ranch Dressing Baby Carrots Fruit Milk	21 Italian Pasta Salad w/ Chicken Side Salad Fruit Milk	22 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice Milk
25	26	27	28	29 Thanksgiving Break

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Field Trip Menu K-8

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
		Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce Fruitable Juice (4oz) Whole Grain Cookie Milk		
4	5	6	7	8
		Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce Fruitable Juice (4oz) Whole Grain Cookie Milk		
11	12	13	14	15
		Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce Fruitable Juice (4oz) Whole Grain Cookie Milk		
18	19	20	21	22
		Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce Fruitable Juice (4oz) Whole Grain Cookie Milk		
25	26	27	28	29
		Thanksgiving Break		

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Lunch Menu 9-12

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
28 PP	29	30	31	1 Teriyaki Chicken Not So Fried Rice <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i>
4 Cheese Tamale Mixed Vegetables <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i>	5 Chicken Nuggets <i>Oven Baked Fries</i> <i>Jicama Sticks w/ Tajin</i> <i>Fruit</i> <i>Milk</i>	6 Orange Chicken Chow Mein Noodles <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i>	7 Breakfast for Lunch: French Toast, Turkey Sausage, & Tots <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	8 Baked Ziti w/ Meat Sauce <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i>
11 Veterans Day	12 Chicken Patty Burger <i>Oven Baked Fries</i> <i>Cucumber w/ Tajin</i> <i>Fruit</i> <i>Milk</i> <i>Special</i>	13 Turkey Chili Popped Corn Chips <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i>	14 Breaded Chicken Leg Mac & Cheese <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	15 Wet Chicken Burrito w/ Green Sauce <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i>
18 Turkey Nachos Tortilla Chips <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i>	19 Cheeseburger <i>Oven Baked Fries</i> <i>Jicama Sticks w/ Tajin</i> <i>Fruit</i> <i>Milk</i>	20 Spaghetti & Meatballs <i>Baby Tomatoes</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i>	21 Beef Nacho Burrito <i>Side Salad</i> <i>Premium Bulk Fruit Day</i> <i>Milk</i>	22 Baked Turkey Mashed Potatoes & Gravy <i>Cranberry Sauce</i> <i>Baby Carrots</i> <i>Dinner Roll</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i>
25 Green Chicken Enchiladas <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i>	26 Corn Dog <i>Oven Baked Fries</i> <i>Celery Sticks w/ Tajin</i> <i>Fruit</i> <i>Milk</i>	27 Cheese Lasagna <i>Side Salad</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i> <i>Special</i>	28 Thanksgiving Break 29	

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Vegetarian Lunch Menu 9-12



November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Plant-Based "Chicken" Teriyaki Not So Fried Rice Baby Carrots 100% Fruit Juice & Fruit Milk
4 Cheese Tamale Mixed Vegetables Baby Carrots 100% Fruit Juice & Fruit Milk	5 Plant-Based "Chicken" Tenders Oven Baked Fries Popped Chips Jicama Sticks w/ Tajin Fruit Milk	6 Plant-Based "Chicken" Chow Mein Noodles Baby Carrots 100% Fruit Juice & Fruit Milk	7 Breakfast for Lunch: French Toast, Plant-Based "Chicken" Tenders, & Tots Side Salad Fruit Milk	8 Cheesy Baked Ziti w/ Marinara Sauce Baby Carrots 100% Fruit Juice & Fruit Milk
11 Turkey Sandwich Veterans Day	12 Vegetarian Burger Oven Baked Fries Cucumber w/ Tajin Fruit Milk	13 Bean & Cheese Chili Popped Corn Chips Baby Carrots 100% Fruit Juice & Fruit Milk	14 Mac & Cheese Side Salad Fruit Milk	15 Wet Bean & Cheese Burrito w/ Green Sauce Baby Carrots 100% Fruit Juice & Fruit Milk
18 Turkey Nachos Tortilla Chips Baby Carrots 100% Fruit Juice & Fruit Milk	19 Vegetarian Burger Oven Baked Fries Jicama Sticks w/ Tajin Fruit Milk	20 Baked Spaghetti w/ Plant Based "Beef" Baby Tomatoes 100% Fruit Juice & Fruit Milk	21 Bean & Cheese Burrito Side Salad Premium Bulk Fruit Day Milk	22 Plant-based "Chicken" Mashed Potatoes & Gravy Cranberry Sauce Baby Carrots Dinner Roll 100% Fruit Juice & Fruit Milk
25 Green Cheese Enchiladas Baby Carrots 100% Fruit Juice & Fruit Milk	26 Plant-Based "Chicken" Tenders Oven Baked Fries Baked Chips Celery Sticks w/ Tajin Fruit Milk	27 Cheese Lasagna Side Salad 100% Fruit Juice & Fruit Milk	28 29 Thanksgiving Break	

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Sandwich Menu 9-12



November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Build Your Own Tuna Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
4 Wowbutter Sandwich Baby Carrots Fruitable Juice Fruit Milk	5 Deli Chicken & Cheese Sandwich Oven Baked Fries Fruit Milk	6 Beef Pastrami & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk	7 Turkey & Cheese Sandwich Side Salad Fruit Milk	8 Turkey Ham & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
11 Veteran's Day	12 Deli Chicken & Cheese Sandwich Oven Baked Fries Fruit Milk	13 Beef Pastrami & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk	14 Turkey & Cheese Sandwich Side Salad Fruit Milk	15 Build Your Own Tuna Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
18 Wowbutter Sandwich Baby Carrots Fruitable Juice Fruit Milk	19 Deli Chicken & Cheese Sandwich Oven Baked Fries Fruit Milk	20 Club Sandwich <i>*Contains Pork*</i> Baby Tomatoes 100% Fruit Juice & Fruit Milk	21 Wowbutter Sandwich Side Salad Fruit Milk	22 Turkey Ham & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
25 Wowbutter Sandwich Baby Carrots Fruitable Juice Fruit Milk	26 Deli Chicken & Cheese Sandwich Oven Baked Fries Fruit Milk	27 Beef Pastrami & Cheese Sandwich Side Salad 100% Fruit Juice & Fruit Milk	28 29 Thanksgiving Break	

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Salad Entrée Menu 9-12



November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 FS Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice Milk
4 Mexican Chicken Salad Popped Corn Chips Hot Sauce Baby Carrots 100% Fruit Juice Milk	5 Southwest Chicken Salad Dinner Roll Ranch Dressing Oven Baked Fries Fruit Cup Milk	6 Tuna Salad Wheat Crackers Ranch Dressing Baby Carrots Fruit Milk	7 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	8 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice Milk
11 Veteran's Day	12 Southwest Chicken Salad Dinner Roll Ranch Dressing Oven Baked Fries Fruit Milk	13 Cobb Salad <i>*Contains Pork*</i> Dinner Roll Ranch Dressing Baby Carrots Fruit Milk	14 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	15 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice Milk
18 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice Milk	19 <i>new</i> Chicken Tortilla Soup Oven Baked Fries Fruit Cup Milk 	20 Tuna Salad Wheat Crackers Ranch Dressing Baby Tomatoes Fruit Milk	21 Italian Pasta Salad w/ Chicken Side Salad Fruit Milk	22 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice Milk
25	26	27	28	29 Thanksgiving Break

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Field Trip Menu 9-12

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk				
4	5	6	7	8
Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk				
11	12	13	14	15
Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk				
18	19	20	21	22
Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk				
25	26	27	28	29
Thanksgiving Break				

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Supper Menu

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Yogurt Parfait (2 MA) Mixed Berries (1/4 c) Chocolate Granola (1 G) Fruitable Juice (1/2 c veg)
4 WG Chicken Patty (2M/MA, 1 G) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg) Apple Sauce (1/2 c)	5 WG Chicken Tamale (2 M/MA, 2 G/B) Mixed Vegetables (1/2 c veg) Pear (1/2 c)	6 Turkey & Cheese Sandwich (2 M/MA, 1/4 c veg) WG Kaiser Bun (2G/B) Fruitable Juice (1/2 c) Apple Slices(1/2 c)	7 WG Mac & Cheese (2 M/MA, 2 G/B, 1/2 c veg) Fruitable Juice (1/2 c) Banana (1/2 c)	8 5 Layer Bean Dip (2 M/MA, 7/8 c Veg) Tortilla Chips (2 G/B) Pineapple Fruit Barrel (1/2 c)
11 Veteran's Day	12 Teriyaki Chicken (2 M/MA) WG Chow Mein Noodles (1 G/B, 1/2 c veg) Pear (1/2 c)	13 Beef Pastrami & Cheese Sandwich (2 M/MA, 1/4 c veg) WG French Roll (2 G) Fruitable Juice (1/2 c) Apple Slices (1/2 c)	14 Southwest Chicken Salad (2 M/MA, 1 c veg) Ranch Dressing WG Dinner Roll (1 G/B) Banana (1/2 c)	15 Creamy Ranch Chicken Pasta Salad (with broccoli & cherry tomatoes) (3 M, 2 G, 1/2 c veg) Pineapple Fruit Barrel (1/2 c)
18 Breakfast for Dinner: WG Pancakes (1 G/B) Potato Tots (1/2 c) Sausage Patties (2 M/MA) Apple Sauce (1/2 c)	19 Turkey Nachos (2 M/MA, 1/2 c veg) WG Tortilla Chips (2 G/B) Pear (1/2 c)	20 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) Cheez-its (1 G/B) Apple Slices (1/2 c)	21 WG Chicken Alfredo Pasta (2 M/MA, 1 G/B) Steamed Broccoli (1/2 c veg) Banana (1/2 c)	22 Deli Turkey Wrap (2M/MA, 3/4 c veg, 2.25 G) Pineapple Fruit Barrel (1/2 c)
25 WG Cheeseburger (2M/MA) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg) Apple Sauce (1/2 c)	26 Turkey & Cheese Sandwich (2 M/MA, 1/4 c veg) WG Kaiser Bun (2G/B) Fruitable Juice (1/2 c) Pear (1/2 c)	27 <i>Hummus Bistro Box:</i> Hard Boiled Egg (1.5MA) Hummus (1 MA) Celery Sticks (1/2 c) Apple Slices (1/2 c) Pita Chips (1 G)	28 29 Thanksgiving Break	

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Supper includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or flavored milk or 1% white milk.

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Snack Menu

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Mini Loaf 100% Fruit Juice (6 oz)
4 Baked Chips 100% Fruit Juice (6 oz)	5 Mini Loaf Fruit (3/4c)	6 Cheez-its 100% Fruit Juice (6 oz)	7 Whole Grain Bites Fruit (3/4 c)	8 Pretzels 100% Fruit Juice (6 oz)
11 Veteran's Day	12 Bug Bite Crackers Fruit (3/4 c)	13 Strawberry Chex Mix 100% Fruit Juice (6 oz)	14 Multi-Grain Bar Fruit (3/4c)	15 Honey Sunflower Seeds 100% Fruit Juice (6 oz)
18 Cheez-its 100% Fruit Juice (6 oz)	19 Mini Banana Loaf Fruit (3/4c)	20 Baked Nacho Cheese Chips 100% Fruit Juice (6 oz)	21 Cinnamon Gripz Fruit (3/4 c)	22 Chex Mix Original 100% Fruit Juice (6 oz)
25 Baked Churro Chips 100% Fruit Juice (6 oz)	26 Mini Blueberry Muffin Fruit (3/4c)	27 Goldfish Pretzels 100% Fruit Juice (6oz)	28 Thanksgiving Break	

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Snack includes 2 items: grain, fruit, protein or milk.

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