



November 2021 Breakfast Menu "A"



Monday	Tuesday	Wednesday	Thursday	Friday
DAILY CEREAL OPTION				
Cereal w/ Honey Grahams	Cereal w/ Cinnamon Grahams	Cereal w/ Chocolate Grahams	Cereal w/ Cinnamon Grahams	Cereal w/ Granola
FEATURED ENTRÉE OF THE DAY				
1	2	3	4	5
Whole Grain Bagel w/ Cream Cheese	Mini Blueberry Pancakes	Mantecada Sweet Bread	Breakfast Cheese Tamale	Apple Empanada
<i>Seasonal Fruit (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple Sauce & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Dried Fruit (1/2 c) & Whole Fruit (1/2 c)</i>
8	9	10	11	12
Blueberry Muffin Flat	Bean & Cheese Burrito <i>Hot Sauce</i>	Mango Bar	Egg & Cheese Sandwich	Mini Soybutter & Jelly Sandwich
<i>Seasonal Fruit (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Dried Fruit (1/2 c) & Whole Fruit (1/2 c)</i>
15	16	17	18	19
Coffee Cake	Mini Banana Pancakes	Fruit Yogurt Parfait Granola	Chicken & Waffle w/ Syrup	Strawberry Muffin
<i>Seasonal Fruit (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple Sauce</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Dried Fruit (1/2 c) & Whole Fruit (1/2 c)</i>
22	23	24	25	26
Pan Dulce	Strawberry Muffin	Cereal w/ Strawberry Grahams		
<i>Seasonal Fruit (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) & Whole Fruit (1/2 c)</i>		
29	30	1	2	3
Cinnamon Delight	Mini Maple Pancakes	Cranberry Oatmeal Round	Chicken Sausage & Pancake w/ Syrup	Pan Dulce
<i>Seasonal Fruit (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple Sauce & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Dried Fruit (1/2 c) & Whole Fruit (1/2 c)</i>
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.				



November 2021 K-8 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger w/ Oven Baked Fries	Beef Nachos w/ Tortilla Chips	Chicken Tamale w/ Mixed Veg	Cheese Lasagna w/ Tomato Basil Sauce	*Spicy* Beef, Bean & Cheese Burrito <i>Hot Sauce</i>
SANDWICH OF THE DAY				
Italian Combo on Hoagie Roll <i>Mayonnaise</i> <i>Side of Baked Fries w/ Ketchup</i>	Turkey Ham & Cheese Croissant Baby Carrots <i>Mayonnaise</i>	Chicken Salad Sandwich Celery Sticks	Turkey & Cheese Sandwich on WG Hawaiian Roll Fruitable Juice <i>Mayonnaise</i>	Soybutter & Jelly Sandwich
ENTRÉE SALAD OF THE DAY				
	Mediterranean Chicken Salad <i>Original Popped Chips</i>	Mexican Chicken Salad <i>Tortilla Chips</i> <i>Hot Sauce</i>	Buffalo Chicken Salad <i>Wheat Crackers</i>	Chicken Taco Salad <i>Tortilla Chips</i>
MONTHLY SPECIAL				
Turkey Dinner, Mashed Potatoes w/ Gravy, Dinner Roll <i>(Available select days after 11/10 - Check Ordering System for Dates)</i>				
FEATURED ENTRÉE OF THE DAY				
1	2	3	4	5
Beef Chili Cheese Fries w/ Churro Chips	Chicken Teriyaki w/ Chow Mein Noodles	Chicken Nuggets Mashed Potatoes <i>Ketchup</i>	Chicken Burrito Bowl <i>Whole Grain Dessert</i>	Beef Meatball Sub Sandwich
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots</i>	<i>Edamame w/ Tajin</i>	<i>Baby Carrots</i>	<i>House Salad w/ Italian</i>
<i>Pear</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Nectarine</i>	<i>Apple</i>
8	9	10	11	12
Chicken Patty Burger Oven Baked Fries Ketchup	Baked Ziti w/ Meat Sauce	Build Your Own Turkey Tacos w/ Refried Beans & Tortillas <i>Celery Sticks</i>	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Wedges <i>Syrup</i>	Mac & Cheese <i>Whole Grain Dessert</i>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots</i>	<i>Pinto Bean Salad (Not for Main Entrée)</i>	<i>Baby Carrots</i>	<i>Kale & Green Apple Salad w/ Ranch</i>
<i>Pear</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Nectarine</i>	<i>Apple</i>
15	16	17	18	19
Honey-Mustard Grilled Chicken Sandwich Oven Baked Fries <i>Ketchup</i>	Turkey Chili <i>w/ Original Popped Chips</i>	Orange Chicken w/ "Not So Fried" Rice	Spaghetti & Meatballs	Hamburger <i>BBQ Popped Chips</i> <i>Ketchup</i>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots</i>	<i>Edamame w/ Hot Sauce</i>	<i>Baby Carrots</i>	<i>House Salad w/ Italian</i>
<i>Pear</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Nectarine</i>	<i>Apple</i>
22	23	24	25	26
Cheeseburger w/ Oven Baked Fries	Beef Nachos w/ Tortilla Chips	Chicken Tamale w/ Mixed Vegetables		
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots</i>	<i>Edamame Beans</i>		
<i>Pear</i>	<i>100% Fruit Juice</i>	<i>Banana</i>		
29	30	1	2	3
Beef Hot Dog Oven Baked Fries Ketchup	Chicken Tortilla Soup Tortilla Chips	Chicken Alfredo Pasta w/ Steamed Broccoli <i>Whole Grain Cookie</i>	BBQ Beef Meatballs Original Popped Chips	Chicken Enchiladas w/ Red Sauce
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Hummus Cup</i>	<i>Mixed Green Salad w/ Ranch</i>
<i>Pear</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Nectarine</i>	<i>Apple</i>
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