

Breakfast Menu

November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Yogurt Parfait w/ Blueberries & Honey Grahams(150) Banana(150) 1% White Milk(105)	2 Cinnamon Frosted Flakes w/ Honey Grahams(150) 100% Fruit Juice (150) Whole Fruit (150) 1% White Milk(105)	3 French Toast Slice(160) Orange(160) Whole Fruit (Pear)(160) 1% White Milk(112)	4 Coffee Cake(185) Pear(185) Whole Fruit (185) 1% White Milk(130)
7 Pan Dulce(185) Apple Sauce(185) 2nd Fruit- Orange(185) 1% White Milk(130)	8 Pancake Stack w/ Syrup(185) Banana(185) 2nd Fruit- Pear(185) 1% White Milk(130)	9 Mantecada Muffin(185) 100% Fruit Juice (185) 2nd Fruit- Apple(185) 1% White Milk(130)	10 Chicken Sausage Breakfast Sandwich(185) Orange(185) 2nd Fruit- Pear(185) 1% White Milk(130)	11
14 Whole Grain Bagel w/ Cream Cheese(185) Craisins(185) 2nd Fruit- Apple(185) 1% White Milk(130)	15 Breakfast Cheese Tamales(185) Banana(185) 2nd Fruit- Pear(185) 1% White Milk(130)	16 Cinnamon Roll(185) 100% Fruit Juice (185) 2nd Fruit- Apple(185) 1% White Milk(130)	17 Chicken & Waffle w/ Syrup(185) Orange(185) 2nd Fruit- Pear(185) 1% White Milk(130)	18 Mini Vanilla Loaf & String Cheese(185) Pear(185) 2nd Fruit- Apple(185) 1% White Milk(130)
No School	No School	No School	Thanksgiving	No School
28 Chocolate Chip Muffin Flat (150) Craisins(150) 2nd Fruit- Apple(150) 1% White Milk(105)	29 Bean & Cheese Burrito w/ Hot Sauce(150) Banana(150) 2nd Fruit- Pear(150) 1% White Milk(105)	30 Fruit Loops w/ Cinnamon Grahams(150) 100% Fruit Juice (150) 2nd Fruit- Apple(150) 1% White Milk(105)		

Lunch Menu



November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Pastrami & Cheese Sandwich on FR w/ Baby Carrots(280) Baby Carrots(280) Orange(280) 1% White Milk(70) Fat Free Chocolate Milk(210)	2 Turkey Breast Sandwich on WG Roll w/ Nacho Chips & Bean Dip(285) Jicama w/ Tajin(285) Banana(285) 1% White Milk(71) Fat Free Chocolate Milk(214)	3 Chicken Nuggets w/ Mashed Potatoes(285) Baby Carrots 2(285) Apple(285) 1% White Milk(71) Fat Free Chocolate Milk(214)	4 Grilled Cheese(285) House Salad w/ Italian NEW(285) 100% Fruit Juice (285) 1% White Milk(71) Fat Free Chocolate Milk(214)
7 Chicken Patty Burger w/ Oven Baked Fries(285) Pear(285) 1% White Milk(71) Fat Free Chocolate Milk(214)	8 Cheese Lasagna w/ Tomato Basil Sauce(285) Baby Carrots(285) Craisins(285) 1% White Milk(71) Fat Free Chocolate Milk(214)	9 Turkey Breast Sandwich w/ Garbanzo Corn Salad(280) Cucumber Slices w/ Tajin(280) Banana(280) 1% White Milk(70) Fat Free Chocolate Milk(210)	10 Chicken Tamale w/ Seasoned Corn(285) Baby Carrots 2(285) Apple(285) 1% White Milk(71) Fat Free Chocolate Milk(214)	11
14 Hot Dog w/ Oven Baked Fries(285) Pear(285) 1% White Milk(71) Fat Free Chocolate Milk(214)	15 Cheese Lasagna w/ Tomato Basil Sauce(280) Baby Carrots(280) Orange(280) 1% White Milk(70) Fat Free Chocolate Milk(210)	16 Chicken Chile Verde w/ Pinto Beans & Rice(285) Jicama w/ Tajin(285) Banana(285) 1% White Milk(71) Fat Free Chocolate Milk(214)	17 Turkey Dinner Special w/ Mashed Potatoes, Gravy & Corn Muffin(285) Baby Carrots 2(285) Apple Sauce(285) 1% White Milk(71) Fat Free Chocolate Milk(214)	18 Hamburger w/ WG Cookie(285) Lettuce, Tomato, Pickle Kit(285) 100% Fruit Juice (285) 1% White Milk(71) Fat Free Chocolate Milk(214)
No School	No School	No School	Thanksgiving	No School
28 Cheeseburger w/ Oven Baked Fries(285) Pear(285) 1% White Milk(71) Fat Free Chocolate Milk(214)	29 Spaghetti & Meatballs(285) Baby Carrots(285) Orange(285) 1% White Milk(71) Fat Free Chocolate Milk(214)	30 French Bread Pizza w/ Garbanzo Corn Salad(285) Jicama w/ Tajin(285) Banana(285) 1% White Milk(71) Fat Free Chocolate Milk(214)		

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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

This institution is an equal opportunity provider

