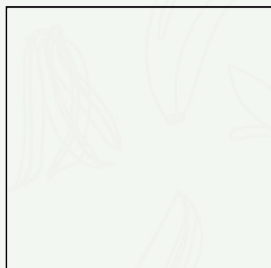


MONDAY



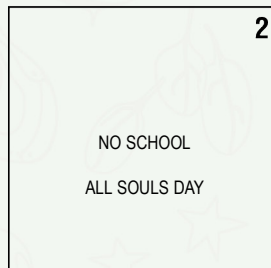
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



Milk is Optional and Lunch time only (required at Breakfast)

6

Breakfast
Benefit Bar
Fruit

Lunch
Cheese Burger
Daily Vegetable
Fruit

7

Breakfast
Bacon (p) & Egg
w/ Rice
Fruit & Juice

Lunch
Pork Tacos
Pinto Beans
Daily Fruit

8

Breakfast
Stuffed Bagel
Fruit

Lunch
Chicken Nuggets
Rice
Daily Vegetable
Fruit

9

Breakfast
Cheese Omelet
w/ Rice
Fruit & Juice

Lunch
Bistek w/ Rice
Daily Vegetable
Fruit

10

NO SCHOOL
VETERANS DAY

Our Menus follow USDA guidelines for school nutrition serving a variety of whole grains weekly

13

Breakfast
Cereal Bar
Fruit

Lunch
Hot Dog (b)
Daily Vegetable
Fruit

14

Breakfast
Sausage (p) and Rice
Fruit & Juice

Lunch
Beef Nachos w/ Cheese Sauce
Black Beans
Daily Fruit

15

Breakfast
Sausage Breakfast Pizza (p)
Fruit

Lunch
Orange Chicken
W/ Rice
Daily Vegetable
Fruit

16

Breakfast
French Toast Sticks
Fruit & Juice

Lunch
Eggless Loco Moco
with Rice
Daily Vegetable
Fruit

17

Breakfast
Trix Yogurt
Graham Crackers
Fruit

Lunch
Pepperoni Pizza (p)
Daily Vegetable
Fruit

Lunch includes a choice of Fruit, Vegetable or both

20

Breakfast
Frudel
Fruit

Lunch
Chicken Tenders
w/ Rice
Daily Vegetable
Fruit

21

Breakfast
Breakfast on a Stick
Fruit & Juice

Lunch
Pork Tacos
w/ Cheese
Pinto Beans
Fruit

22

Breakfast:
Fried Rice w/ Ham (p) & Egg
Fruit

Thanksgiving Feast
Turkey & Gravy
Mashed Potatoes
Vegetable and Fruit
Dinner Roll
Cookie

THANKSGIVING

24

Breakfast
Benefit Bar
Fruit

Lunch
Breaded Chicken Sandwich
(Regular OR Spicy)
Daily Vegetable
Fruit

Weekly Vegetables provide a variety of nutrients from all of the vegetable subgroups

27

Breakfast:
Cold Cereal
Fruit

Lunch:
Baked Chicken Alfredo
Assorted Vegetable
Daily Fruit

28

Breakfast:
Breakfast Pizza (p)
Fruit & Juice

Lunch:
Beef Nachos
with Cheese Sauce
Black beans
Assorted Fruit

29

Breakfast:
Pork Sausage w/ Rice
Fruit

Lunch:
Corn Dog (C)
Vegetable
Fruit

30

Breakfast:
Mini Pancakes
Fruit & Juice

Lunch:
Chicken Drumstick
Red Rice
Vegetable
Fruit

Menus are subject to change due to product availability

This institution is an equal opportunity provider.

