

# November 2023

# BREAKFAST

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
|  |  | 1<br>Cinnamon Chex Cereal w/ Honey Grahams(100)<br>100% Fruit Juice 4 oz(100)<br>Apple(100)<br>1% Low Fat White(95)<br>Fat Free White Milk(5)  | 2<br>Lemon Muffin(100)<br>Pear(100)<br>Banana (1/2 C)(100)<br>1% Low Fat White(95)<br>Fat Free White Milk(5)     | 3<br>Cheerios Cereal w/ Honey Grahams(100)<br>Pear (1/2 C)(100)<br>Apple(100)<br>1% Low Fat White(95)<br>Fat Free White Milk(5) |
| 6  | 7  | 8<br>Frosted Flakes Cereal w/ Honey Grahams(100)<br>100% Fruit Juice 4 oz(100)<br>Apple(100)<br>1% Low Fat White(95)<br>Fat Free White Milk(5) | 9<br>Blueberry Muffin(100)<br>Banana (1/2 C)(100)<br>Pear(100)<br>1% Low Fat White(95)<br>Fat Free White Milk(5) | 10  |
| 13<br>Mantecada Sweet Bread(110)<br>Orange (1/2 C)(110)<br>Apple(110)<br>1% Low Fat White(105)<br>Fat Free White Milk(6) | 14<br>Vanilla Concha(110)<br>Orange (1/2 C)(110)<br>Pear(110)<br>1% Low Fat White(105)<br>Fat Free White Milk(6) | 15<br>Banana Bread(100)<br>100% Fruit Juice 4 oz(100)<br>Apple(100)<br>1% Low Fat White(95)<br>Fat Free White Milk(5)                          | 16<br>Lemon Muffin(110)<br>Banana (1/2 C)(110)<br>Pear(110)<br>1% Low Fat White(105)<br>Fat Free White Milk(6)   | 17<br>Bagel w/ Cream Cheese(110)<br>Pear (1/2 C)(110)<br>Apple(110)<br>1% Low Fat White(105)<br>Fat Free White Milk(6)          |
| 20   | 21   | 22   | 23   | 24  |
| 27<br>Cinnamon Bar(100)<br>Applesauce Cup(100)<br>Applesauce Cup(100)<br>1% Low Fat White(95)<br>Fat Free White Milk(5)  | 28<br>Vanilla Concha(110)<br>Orange (1/2 C)(110)<br>Pear(110)<br>1% Low Fat White(105)<br>Fat Free White Milk(6) | 29<br>Cinnamon Roll(100)<br>100% Fruit Juice 4 oz(100)<br>Apple(100)<br>1% Low Fat White(95)<br>Fat Free White Milk(5)                         | 30<br>Vanilla Muffin(100)<br>Banana (1/2 C)(100)<br>Pear(100)<br>1% Low Fat White(95)<br>Fat Free White Milk(5)  |   |



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 2023



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
|   |   | 1<br>Chicken Salad Sandwich w/ Celery Sticks(100)<br>Celery Sticks (1/4 C)(100)<br>Banana (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95)  | 2<br>Turkey & Cheese Torta Sandwich w/ Garbanzo Pico Salad(100)<br>Jicama Slices (1/4 C)(100)<br>Apple (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95) | 3<br>Turkey & Cheese Sub Sandwich(100)<br>Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)(100)<br>Orange (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95) |
| 6   | 7   | 8<br>Chicken Salad Sandwich w/ Celery Sticks(100)<br>Celery Sticks (1/4 C)(100)<br>Banana (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95)  | 9<br>Turkey & Cheese Torta Sandwich w/ Garbanzo Pico Salad(100)<br>Jicama Slices (1/4 C)(100)<br>Apple (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95) | 10   |
| 13<br>Turkey & Cheese Torta Sandwich(100)<br>Baby Carrots (1/4 C)(100)<br>Side of Oven Baked Fries (1/2 C)(100)<br>100% Fruit Juice 4 oz(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95) | 14<br>Turkey & Cheese Sub Sandwich w/ Baby Carrots(100)<br>Baby Carrots (1/2 C)(100)<br>Orange (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95) | 15<br>Chicken Salad Sandwich w/ Celery Sticks(100)<br>Celery Sticks (1/4 C)(100)<br>Banana (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95) | 16<br>Chicken Taco Salad(100)<br>Apple (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95)   | 17<br>Chicken Caprese Salad(100)<br>Orange (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95)  |
| 20  | 21  | 22  | 23  | 24   |
| 27<br>Turkey & Cheese Torta Sandwich(100)<br>Baby Carrots (1/4 C)(100)<br>100% Fruit Juice 4 oz(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95)  | 28<br>Turkey & Cheese Sub Sandwich w/ Baby Carrots(100)<br>Baby Carrots (1/2 C)(100)<br>Orange (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95) | 29<br>Veggie Chef Salad(100)<br>Banana (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95)   | 30<br>Chicken Taco Salad(100)<br>Apple (1/2 C)(100)<br>1% Low Fat White(5)<br>Fat Free Chocolate Milk(95)   |  |