

# Breakfast Menu



November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Yogurt Parfait w/ Blueberries & Honey Grahams(150) Banana(150) 1% White Milk(150)	2 Cinnamon Delight(150) 100% Fruit Juice (150) Whole Fruit (150) 1% White Milk(150)	3 Apple Jacks w/ Cinnamon Grahams(150) Orange(150) Whole Fruit (Pear)(150) 1% White Milk(150)	4 Coffee Cake(150) Pear(150) Whole Fruit (150) 1% White Milk(150)
7	8	9 Mantecada Muffin(150) 100% Fruit Juice (150) 2nd Fruit- Apple(150) 1% White Milk(150)	10 Cinnamon Frosted Flakes w/ Honey Crackers(150) Orange(150) 2nd Fruit- Pear(150) 1% White Milk(150)	11
14 Whole Grain Bagel w/ Cream Cheese(150) Craisins(150) 2nd Fruit- Apple(150) 1% White Milk(150)	15 Apple Jacks w/ Honey Grahams(150) Banana(150) 2nd Fruit- Pear(150) 1% White Milk(150)	16 Cinnamon Roll(150) 100% Fruit Juice (150) 2nd Fruit- Apple(150) 1% White Milk(150)	17 Cinnamon Frosted Flakes w/ Honey Crackers(150) Orange(150) 2nd Fruit- Pear(150) 1% White Milk(150)	18 Mini Vanilla Loaf & String Cheese(150) Pear(150) 2nd Fruit- Apple(150) 1% White Milk(150)
21	22	23	24	25
28 Fruit Loops w/ Cinnamon Grahams(150) Craisins(150) 2nd Fruit- Apple(150) 1% White Milk(150)	29 Apple Jacks w/ Honey Grahams(150) Banana(150) 2nd Fruit- Pear(150) 1% White Milk(150)	30 Fruit Loops w/ Cinnamon Grahams(150) 100% Fruit Juice (150) 2nd Fruit- Apple(150) 1% White Milk(150)		

**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.



# Lunch Menu

November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Southwest Chicken Salad w/ Baked Chips(115) Baby Carrots(115) Orange(115) Fat Free Chocolate Milk(115)	2 Turkey Breast Sandwich w/ Garbanzo Bean Salad(115) Jicama w/ Tajin(115) Banana(115) Fat Free Chocolate Milk(115)	3 Italian Turkey Submarine w/ Fruitable Juice(115) Baby Carrots 2(115) Apple(115) Fat Free Chocolate Milk(115)	4 Buffalo Chicken Salad w/ WG Wheat Crackers(115) House Salad w/ Italian NEW(115) 100% Fruit Juice (115) Fat Free Chocolate Milk(115)
7	8	9 Turkey Breast Sandwich w/ Garbanzo Corn Salad(115) Cucumber Slices w/ Tajin(115) Banana(115) Fat Free Chocolate Milk(115)	10 Turkey Ham & Cheese on Hoagie w/ Baby Carrots(115) Baby Carrots 2(115) Apple(115) Fat Free Chocolate Milk(115)	11
14 Turkey & Cheese Sandwich on WG Croissant w/ Side of Fries(115) Pear(115) Fat Free Chocolate Milk(115)	15 Southwest Chicken Salad w/ Wheat Crackers(115) Baby Carrots(115) Orange(115) Fat Free Chocolate Milk(115)	16 Turkey Breast Sandwich w/ Garbanzo Corn Salad(115) Jicama w/ Tajin(115) Banana(115) Fat Free Chocolate Milk(115)	17 Turkey Ham & Cheese on Hoagie w/ Baby Carrots(115) Baby Carrots 2(115) Apple Sauce(115) Fat Free Chocolate Milk(115)	18 Buffalo Chicken Salad w/ WG Wheat Crackers(115) Lettuce, Tomato, Pickle Kit(115) 100% Fruit Juice (115) Fat Free Chocolate Milk(115)
21	22	23	24	25
28 Turkey & Cheese Sandwich on WG Croissant w/ Side of Fries(115) Pear(115) Fat Free Chocolate Milk(115)	29 Italian Turkey Submarine w/ Baby Carrots(115) Baby Carrots(115) Orange(115) Fat Free Chocolate Milk(115)	30 Turkey Breast Sandwich w/ Garbanzo Corn Salad(115) Jicama w/ Tajin(115) Banana(115) Fat Free Chocolate Milk(115)		

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