November Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Egg Bites Cereal/Toast Yogurt String Cheese Juice/Fruit	Biscuits & Gravy Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Sandwiches Cereal/Toast Yogurt String Cheese Juice/Fruit	Toast Cereal/Toast Yogurt String Cheese Juice/Fruit	Banana Bread Cereal/Toast Yogurt String Cheese Juice/Fruit	
8	9	10	11	12	13	14
	Pop Tarts Cereal/Toast Yogurt String Cheese Juice/Fruit	Coco Wheats Cereal/Toast Yogurt String Cheese Juice/Fruit		Churros Cereal/Toast Yogurt String Cheese Juice/Fruit	Pancake Wraps Cereal/Toast Yogurt String Cheese Juice/Fruit	
15	16	17	18	19	20	21
	Egg Bake Cereal/Toast Yogurt String Cheese Juice/Fruit	Chocolate Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	Parfaits Cereal/Toast Yogurt String Cheese Juice/Fruit	Oatmeal Cereal/Toast Yogurt String Cheese Juice/Fruit	Pumpkin Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	
22	23	24	25	26	27	28
	French Toast Cereal/Toast Yogurt String Cheese Juice/Fruit	Muffins Cereal/Toast Yogurt String Cheese Juice/Fruit				
29	30					
	Pancakes Cereal/Toast Yogurt String Cheese Juice/Fruit					

All meals are served with whole grain bread, peanut butter, and jelly; 1% skim or chocolate milk. Fruit is offered daily with breakfast. Fresh Fruit is available on Tuesday and Thursday. Breakfast is served with juice or milk.

All menus are subject to change without notice.

This institution is an equal opportunity provider.

November Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Sweet & Sour Chicken Fried Rice Broccoli Fruit	Pulled Pork Sandwiches Chips Corn Fruit	Fried Rice Dinner Rolls Peas Fruit	Spaghetti Garlic Bread Carrots Fresh Fruit	Chicken Wraps Salad Bar Fruit	
8	9	10	11	12	13	14
	Corndogs California Blend Fruit	Sausage Baby Potatoes Peas Fresh Fruit		Chicken Nuggets Mac & Cheese Dinner Rolls Broccoli Fresh Fruit	Tater Tot Hotdish Dinner Rolls Green Beans Fruit	
15	16	17	18	19	20	21
	Chicken Burgers Chips Carrots Fruit	Pork Chops Mashed Potatoes Dinner Rolls Green Beans Fresh Fruit	Hamburgers Baked Beans Fruit	Chicken Drumsticks Chips Corn Fresh Fruit	Taco-in-a-Bag Salad Bar Fruit	
22	23	24	25	26	27	28
	Crispitos Califonia Blend Fruit	Knoephla Soup Ham Sandwich Carrots Fresh Fruit				
29	30					
	Orange Chicken Fried Rice Peas Fruit					

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HEADSTART

November Snacks

Monday	Tuesday	Wednesday	Thursday
2nd Apples + Milk	3rd Sunchips Juice	4th Broccoli w/ Ranch Crackers	5th Meat + cheese tray Crackers
9th Apple Sauce	10th NO SCHOOL Conferences	11th	12th
16th Pears + Crackers	17th Cheese its	18th Goldfish Crackers + Juice	19th Bananas
23rd Cereal + Milk	24th Scooby Doo Grahams + Juice	25th NO SCHOOL THANKSGIVING	26th
30th Chex Mix			