

# PRESCHOOL/ELEMENTARY/MIDDLE MENU



| NOVEMBER                     | BREAKFAST                                                      |  | LUNCH                                                                                   |                                                         | SNACK                                         |
|------------------------------|----------------------------------------------------------------|--|-----------------------------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------|
| <b>MONDAY</b><br><b>4</b>    | Chex Simply Cereal<br>Varied Fruit<br>(Strawberry or Mandarin) |  | Brown Rice<br>Black Beans<br>Chicken Patty<br>Assorted Vegetables<br>Milk               |                                                         | Gold Crackers<br>Pudding (Sugar Free)         |
| <b>TUESDAY</b><br><b>5</b>   | Link Sausage<br>Bread Toast<br>Milk                            |  | Ground Beef<br>Brown Rice<br>Ripe Sweet Plantains<br>Milk                               |                                                         | Assorted Mini Muffins<br>Milk                 |
| <b>WEDNESDAY</b><br><b>6</b> | French Toast (Syrup)<br>Milk                                   |  | Fish Stick<br>Brown Rice<br>Split Beans<br>Assorted Fruit (Banana)<br>Milk              |                                                         | Assorted Crackers<br>Juice                    |
| <b>THURSDAY</b><br><b>7</b>  | Kaiser Roll (Butter)<br>Milk                                   |  | Ground Pork<br>Rice Brown<br>Apple Sauce (Cup)<br>Milk                                  |                                                         | Crackers Vainilla<br>Fruit Sorbet             |
| <b>FRIDAY</b><br><b>8</b>    | Egg Boiled/<br>Saltines Crackers<br>Milk                       |  | Macaroni with<br>Sliced Turkey<br>(Sauce & Cheese)<br>Garlic Bread<br>Milk<br>(Daycare) | Pizza<br>Galleticas<br>Juice<br>(Middle/<br>Elementary) | Cheese Stick Strings<br>Rita Crackers<br>Milk |

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| NOVEMBER                      | BREAKFAST                                                     | LUNCH                                                                                                                                      | SNACK                                |
|-------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| <b>MONDAY</b><br><b>11</b>    | Fresh Simply Cereal<br>Fresh Apples<br>Milk                   | Black Beans/ Brown Rice<br>Fish Sticks<br>Assorted Vegetable<br>Assorted Fruit<br>Milk                                                     | Assorted Crackers<br>Varied Juice    |
| <b>TUESDAY</b><br><b>12</b>   | Raising Mini Bagel<br>Cream Cheese<br>Milk                    | Chicken Patty on a Bun<br>Lettuce & Tomatoes<br>Tater Tots or Baked Sweet<br>Potatoes, Apple sauce (Cup)<br><b>Brown Rice for toddlers</b> | Goldfish crackers<br>Yogurt Assorted |
| <b>WEDNESDAY</b><br><b>13</b> | Egg Patty/ Toast Bread<br>Milk                                | Split Peas/ Garbanzo Beans<br>Brown Rice<br>Meatballs, Assorted Fruit<br>(Banana), Milk                                                    | Assorted Mini Muffins<br>Milk        |
| <b>THURSDAY</b><br><b>14</b>  | Waffles (Syrup)<br>Natural Orange<br>Natural Mandarin<br>Milk | Ground Pork<br>Brown Rice<br>Ripe Sweet Plantains<br>Milk                                                                                  | Chips Assorted<br>Jell-O             |
| <b>FRIDAY</b><br><b>15</b>    | French Toast Sticks<br>Milk                                   | Spaghetti with Sliced Ham<br>(Sauce & Cheese)<br>Garlic Bread<br>Milk                                                                      | Crackers Cheez It Original<br>Milk   |

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|-------------------------------|----------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------|
| <b>MONDAY</b><br><b>18</b>    | Corn Flakes Cereal<br>Natural Orange or Mandarin<br>Milk | Brown Rice, Lentils,<br>Chicken Nuggets<br>Assorted Vegetable<br>Milk         | Lady Finger Cookies<br>Fruit Sorbet               |
| <b>TUESDAY</b><br><b>19</b>   | Waffles (Syrup)<br>Milk                                  | Ground Turkey<br>Brown Rice<br>Apple Sauce (Cup)<br>Assorted Fruits<br>Milk   | Ritz Crackers<br>Vanilla Pudding                  |
| <b>WEDNESDAY</b><br><b>20</b> | Pancake (Syrup)<br>Milk                                  | Black or Red Beans<br>Brown Rice<br>Bread Fish Sticks<br>Varied Fruit<br>Milk | Bunny Graham Crackers<br>Organic Friends<br>Milk  |
| <b>THURSDAY</b><br><b>21</b>  | Kaiser Roll (Butter)<br>Milk                             | Brown Rice,<br>Baked Chicken<br>or Diced Chicken<br>Varied Vegetables<br>Milk | Assorted Mini Muffins<br>Orange Jell-O            |
| <b>FRIDAY</b><br><b>22</b>    | Rice Cereal<br>Banana<br>Milk                            | Macaroni with Meat<br>(Sauce & Cheese)<br>Garlic Bread<br>Milk                | Cheese Stick Strings<br>Saltines Crackers<br>Milk |

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|-------------------------------|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| <b>MONDAY</b><br><b>25</b>    | Cheerios Cereal<br>Pears/ Kimi Natural<br>Milk | Brown Rice<br>Black Beans<br>Chicken Tender<br>Green Beans & Zanaoria<br>Milk                                                                  | Gold Crackers<br>Pudding (Sugar Free)         |
| <b>TUESDAY</b><br><b>26</b>   | Cheese Omelett<br>Toast Bread<br>Milk          | Beef Tacos, Soft Tortilla<br>or Crunch Tacos<br>Lettuce & Tomatoes<br>(Cheddar Cheese)<br>Apples Sauce (Cup) & Milk<br>Brown Rice For Toddlers | Assorted Mini Muffins<br>Milk                 |
| <b>WEDNESDAY</b><br><b>27</b> | Kaiser Roll (Butter)<br>Milk                   | Fish Stick<br>Rice Brown<br>Lentils or Garbanzo Beans<br>Varied Fruit<br>Milk                                                                  | Assorted Crackers<br>Juice                    |
| <b>THURSDAY</b><br><b>28</b>  | Raising Mini Bagel<br>(Cream Cheese)<br>Milk   | Spaghetti with Meatballs<br>(Sauce & Cheese)<br>Garlic Bread<br>Milk                                                                           | Crackers Vainilla<br>Fruit Sorbet             |
| <b>FRIDAY</b><br><b>29</b>    | Pancake (Syrup)<br>Milk                        | Brown Rice<br>Red Beans<br>Chicken Nuggets<br>Varied Fruit (Banana)<br>Milk                                                                    | Cheese Stick Strings<br>Rita Crackers<br>Milk |