



November

BREAKFAST MENU

2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk
4 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	5 Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	6 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	7 Whole Grain French Toast Sticks w/ Syrup Fresh Fruit Skim or 1% Milk	8 School Closed
	12 Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	13 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	14 Whole Grain French Toast Sticks w/ Syrup Fresh Fruit Skim or 1% Milk	15 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk
18 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	19 Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	20 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk.	21 Whole Grain French Toast Sticks w/ Syrup Fresh Fruit Skim or 1% Milk	22 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk
25 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	26 Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk			



Breakfast: choice of 1% or fat-free milk; fruit available daily

All grains offered are whole grains rich

This institution is an equal opportunity provider




November

Lunch MENU

2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Arroz con Pollo with Pigeon Peas and Brown Rice Fresh Fruit Skim or 1% Milk
4 Creamy Mac n Cheese with Sweet Potato and Sautéed Spinach Fresh Fruit Skim or 1% Milk	5 Happy Valley Beef Meatballs with Homemade Tomato Sauce and Corn Polenta and Zucchini Fresh Fruit Skim or 1% Milk	6 Breakfast for Lunch! Chicken and Waffles with Breakfast Potatoes Fresh Fruit Skim or 1% Milk	7 Focaccia Pizza with Mozzarella and Marinara Butternut Squash Fresh Fruit Skim or 1% Milk	8 School Closed
	12 Scallion Pancake with BBQ Chicken and Carrot Salad Fresh Fruit Skim or 1% Milk	13 Grilled Cheese Sticks with Parmesan Broccoli Fresh Fruit Skim or 1% Milk	14 Breakfast for Lunch! Chicken and Waffles with Breakfast Potatoes Fresh Fruit Skim or 1% Milk	15 Deli Style Turkey Sandwiches on Hero with Garbanzo Beans Fresh Fruit Skim or 1% Milk
18 Beef Hot Dogs on a Whole Wheat Bun with BBQ Beans Fresh Fruit Skim or 1% Milk	19 Roast Chicken with Spinach, Pinto and Garbanzo Beans Fresh Fruit Skim or 1% Milk.	20 "Bodega Egg and Cheese Sandwich" on a Whole Grain Bun with Zucchini Fresh Fruit Skim or 1% Milk	21 Slow-Roasted Turkey Breast with Mashed Potato and Green Beans Fresh Fruit Skim or 1% Milk	22 Cheesy Pasta Marinara with Cinnamon Butter Glazed Carrots Fresh Fruit Skim or 1% Milk
25 Beef Burger with Cheese on a Whole Wheat Bun with Mashed Sweet Potatoes Fresh Fruit Skim or 1% Milk	26 Happy Valley Beef Meatballs with Homemade Tomato Sauce, Whole Wheat Garlic Bread, and Peas Fresh Fruit Skim or 1% Milk			

Lunch: choice of 1% or fat-free milk; fruit available daily

All grains offered are whole grains rich

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