



# NOVEMBER 2019 BREAKFAST AND LUNCH MENU

Pre-K BREAKFAST: Student: No Cost// Adult/Visitor lunch \$2  
 Pre-K LUNCH: Student: No Cost// Adult/Visitor lunch \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Chicken Biscuit 1 Chicken Chunks Garden Salad Garden Fresh Roasted Sweet Potatoes Mixed Fruit Inchworms
Mini Pancakes 4 Nachos w/ Baked Tostitos Baby Carrots Seasoned Black Beans Mandarin Oranges Total Body	5 <b>NO SCHOOL</b> Jog	Sausage & Cheese Biscuit 6 Cheese Pizza Garden Salad Seasoned Green Beans Peach Cobbler Push Ups	Ham & Cheese Croissant 7 Hamburger Garden Salad Mixed Vegetables Fresh Mixed Fruit Locomotor Skills	Sausage & Cheese Kolache 8 Macaroni & Cheese Cole Slaw Steamed Broccoli Fresh Cantaloupe Chunks Raise the Roof
Whole Wheat Cinnamon Roll OR Yogurt & Granola 11 Cheese Enchiladas Baby Carrots Seasoned Pinto Beans Mandarin Oranges Create	French Toast 12 Chicken Chunks Garden Salad Whole Kernel Corn Fresh Apple Slices The Jumping Leprechaun	Spice Muffin 13 Cheese Pizza Garden Salad Seasoned Green Beans Fresh Mixed Fruit Tape it Front	Ham & Cheese Croissant 14 Chicken Teriyaki & Stir Fried Rice Fresh Broccoli Garden Salad Fresh Grapes Rock, Paper, Scissor Tag	Chicken Biscuit 15 Steak Fingers Garden Salad Mashed Potatoes & Gravy Fresh Pineapple Chunks Bike Ride
Whole Wheat Cinnamon Roll OR Yogurt & Granola 18 Nachos w/ Baked Tostitos Baby Carrots Seasoned Black Beans Mandarin Oranges Jumping Jacks	Mini Pancakes 19 Chicken Tenders Garden Salad Whole Kernel Corn Orange Smiles Walking	Sausage & Cheese Biscuit 20 Cheese Pizza Broccoli Salad Garden Salad Fresh Mixed Fruit Hopscotch	Ham & Cheese Croissant 21 Roasted Turkey Mashed Potatoes Seasoned Green Beans Fresh Apple Slices Cranberry Sauce Pumpkin Muffin Play	Sausage & Cheese Kolache 22 Cheese Stuffed Breadsticks Garden Salad Mixed Vegetables Mixed Fruit Run
25 <b>NO SCHOOL</b> Get Outside and Get Moving!	26 <b>NO SCHOOL</b> Get Outside and Get Moving!	27 <b>NO SCHOOL</b> Get Outside and Get Moving!	28 <b>NO SCHOOL</b> Get Outside and Get Moving!	29 <b>NO SCHOOL</b> Get Outside and Get Moving!

**A complete breakfast includes**  
 - Entrée  
 - Fruit  
 - 1% white milk

**A complete lunch includes**  
 - Entrée  
 - 1 fruit  
 - 2 vegetables  
 - 1% white milk



### SWEET POTATOES

- Excellent source of beta-carotene, which is converted into vitamin A in the body.
- Vitamin A is important for your eyes and vision. It also helps your skin stay smooth and you body stay healthy.
- Good source of potassium which helps maintain normal blood pressure and kidney health.

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\*Menus are subject to change without notice due to price and availability of food\*