

 **BREAKFAST**

 **LUNCH**

NOVEMBER 2018

Laguna

All meals are served with a food bar and your choice of low-fat flavored or white milk. We use whole grain breads. All foods are baked.

Monday

Tuesday

Wednesday

Thursday

Friday



5
BREAKFAST PIZZA
FRESH FRUIT

LASAGNA WITH MEAT SAUCE
BROCCOLI
MIXED FRUIT
GARLIC BREADSTICKS

6
OATMEAL
TOAST, 1 SLICE
FRESH FRUIT

HAM AND CHEESE WRAP
PINTO BEANS
APPLESAUCE

7
BREAKFAST BURRITO
FRESH FRUIT

COUNTRY FRIED STEAK
WHIPPED POTATOES
PEACHES
WHOLE WHEAT ROLL
COUNTRY GRAVY

8
FRENCH TOAST STICKS
FRESH FRUIT

PIZZA
CARROT STICKS
SIDEKICKS

2
COLD CEREAL, VARIETY
STRING CHEESE
FRESH FRUIT

PIZZA
BROCCOLI
SIDEKICKS
BROWNIES

9
BOILED EGG
TOAST, 1 SLICE
FRESH FRUIT

12

13
PANCAKE WRAP
FRESH FRUIT

CHEESE ENCHILADAS (RED)
PINTO BEANS
APRICOTS
TORTILLA

14
NUTRIGRAIN BAR
YOGURT
FRESH FRUIT

BEEF TAQUITOS
CARROTS
PINEAPPLE CHUNKS
Thanksgiving Meal for Elementary

15
CHEESE OMELET
ENGLISH MUFFIN, TOASTED
FRESH FRUIT

POPCORN CHICKEN
OVEN FRENCH FRIES
APRICOTS
TORTILLA

16

CORN DOG
BROCCOLI
PEACHES
Thanksgiving Meal for Middle School

19
COLD CEREAL, VARIETY
STRING CHEESE
FRESH FRUIT

FRITO PIE
CORN
PEACHES
GOLDFISH CRACKERS

20
ASSORTED MUFFIN
FRESH FRUIT

MACARONI AND BEEF CASSEROLE
CARROTS
PINEAPPLE CHUNKS
WHOLE WHEAT ROLL

21

22

23

26
POP TART
FRESH FRUIT

CHICKEN PATTIE ON A BUN
POTATOES, AU GRATIN
APRICOTS

27
CHEESE QUESADILLA
FRESH FRUIT

TORTILLA BURGER
PINTO BEANS
PEARS

28
BISCUIT EGG CHEESE
SANDWICH
FRESH FRUIT

MACARONI AND CHEESE
PEAS
MIXED FRUIT
BREADSTICKS

29
MINI PANCAKE EGGO BITES
FRESH FRUIT

HOT TURKEY SANDWICH
CARROTS
APPLESAUCE

30
BISCUITS & GRAVY
SAUSAGE PATTIE
FRESH FRUIT

PIZZA
BROCCOLI
FRESH FRUIT
COOKIE

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