



BREAKFAST AND LUNCH IS FREE TO ALL ENROLLED STUDENTS!

ADULT BREAKFAST \$3.50

ADULT LUNCH \$4.75

A LA CARTE MILK \$0.35

ALL MEALS INCLUDE A CHOICE OF 1% WHITE OR FAT FREE CHOCOLATE MILK

\*BREAKFAST INCLUDES A CHOICE OF FRESH FRUIT, CANNED FRUIT &/OR JUICE DAILY.

\*LUNCH INCLUDES FRESH FRUIT &/OR CANNED FRUIT, FRESH SALAD &/OR FRESH VEGETABLES DAILY. ALL 5 MYPLATE CATEGORIES ARE REPRESENTED AT EACH MEAL SERVICE.

\*MENU IS SUBJECT TO CHANGE\*

# NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STUDENTS MUST CHOOSE 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST, 1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN.	STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH. STUDENTS MUST TAKE A MINIMUM OF 1/2 CUP FRUIT OR VEGETABLES: MORE IS ALLOWED & BOTH ARE ALLOWED.	BREAKFAST SANDWICH 1 TERIYAKI CHICKEN WITH BROWN RICE	CEREAL 2 SUB SANDWICH WITH MACARONI SALAD	YOGURT PARFAIT 3 LASAGNA WITH GREEN SALAD
CEREAL 6 CHICKEN NOODLE SOUP WITH GREEN SALAD	BREAKFAST SANDWICH 7 BEEF NACHOS WITH FIXINGS	TOAST AND EGGS 8 ORANGE CHICKEN WITH CHOW MEIN NOODLES	CEREAL 9 CHICKEN SANDWICH WITH TATER TOTS	NO SCHOOL VETERANS DAY OBSERVED 10
CEREAL 13 BEEF CHILI WITH FRITOS AND GREEN SALAD	BAGELS WITH FRUIT 14 CHICKEN TACOS WITH BEANS AND BELL PEPPER STRIPS	WAFFLES WITH FRUIT 15 HAMBURGERS WITH FRENCH FRIES	CEREAL 16 TURKEY WITH MASHED POTATOES AND GRAVY	MUFFIN AND YOGURT 17 BEEF SPAGHETTI WITH GREEN SALAD
THANKSGIVING BREAK 20	THANKSGIVING BREAK 21	THANKSGIVING BREAK 22	THANKSGIVING BREAK 23	THANKSGIVING BREAK 24
CEREAL 27 MINESTRONE SOUP WITH BREADSTICK AND GREEN SALAD	BREAKFAST SANDWICH 28 NACHOS WITH FIXINGS	FRENCH TOAST AND SAUSAGE PATTY 29 TERIYAKI CHICKEN WITH BROWN RICE AND VEGGIES	CEREAL 30 SUB SANDWICH WITH POTATO SALAD	

\*Mountain Union Elementary School District is an equal opportunity provider and employer. For a full nondiscrimination statement, please visit our school website