


# November 2017



Elementary Lunch Menu				
MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
Vegetarian Eggrolls and Fried Rice	Hamburger, Baked Fries and Applesauce	Chicken Fajitas Chips and Salsa	Chicken Chow Mein and Fortune Cookie	Awesome Sauce Homemade Pizza Whole Grain Crust
6	7	 8	9	10
Cheese Enchiladas and Refried Beans	Pizza Pasta Green Salad	Thompson Valley Beef Taco EdiBowls	Chicken Sandwiches and Sliced Apples	Awesome Sauce Homemade Pizza Whole Grain Crust
13	14	15	16	17
Baked Potatoes or Sunbutter Jelly Sandwiches	Hot Dogs, Baked Fries and Peaches	Spanish Chicken Rice and Beans	Roast Turkey, Mashed Potatoes and Corn	Awesome Sauce Homemade Pizza Whole Grain Crust
20	21	22	23	24
<i>Thanksgiving Break</i>				
27	28	29	30	1
Cauliflower Mac 'N Cheese Roasted Carrots	Spaghetti and Marinara Green Salad	Bean & Cheese Burrito Chips & Salsa	Baked Potatoes & Chili	Awesome Sauce Homemade Pizza Whole Grain Crust



Look for locally grown items on your serving line!

Lunch \$2.50, Reduced Price \$.40, Adult \$3.50

Lowfat milk, fresh fruit and vegetables are available with every meal. Free water is available in the cafeteria. For information about food allergy, vegetarian or gluten free options call (530) 283-6545 ext. 5505

Rotating Breakfast Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza or Whole Grain Bagels w/ Cream Cheese	Breakfast Sandwich or Whole Grain Cereal	Hot Oatmeal or Scrambled Eggs & Toast	Scrambled Egg Soft Taco or Breakfast Burrito	Fruit & Yogurt Parfait or Fresh Fruit Smoothie