

# NOVEMBER 2011



# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>USDA is an equal opportunity provider and employer.</b>	1 <i>Low Sodium Beef Sausage Patty</i> Café LA Coffee Cake <i>V</i> California Fresh Fruit Milk White, 1% or Fat Free	2 <i>Country Ham &amp; French Toasts</i> <i>WG</i> Variety of Cold Cereal <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free	3 <i>Spanish Quesadilla</i> <i>V WG</i> Banana Bread <i>V WG</i> Seasonal Fresh Fruit Milk White, 1% or Fat Free	4 <i>Fruit, Granola &amp; Yogurt Parfait</i> Blueberry Muffin <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free
7 <i>Whole Wheat Chicken Biscuit</i> <i>WG</i> Variety of Cold Cereal <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free	8 <i>Scrambled Eggs &amp; Hash Browns</i> <i>V</i> Maple Whole Grain Waffle <i>V WG</i> California Fresh Fruit Milk White, 1% or Fat Free	9 <i>Whole Grain Pancakes with Chicken Sausage</i> <i>WG</i> Variety of Cold Cereal <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free	10 <i>Sunshine Omelet with Turkey Bacon</i> Variety of Cold Cereal <i>V WG</i> Seasonal Fresh Fruit Milk White, 1% or Fat Free	11 <b>Veterans Holiday</b>
14 <i>Fruit, Granola &amp; Yogurt Parfait</i> <i>V</i> Variety of Cold Cereal <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free	15 <i>Low Sodium Beef Sausage Patty</i> Café LA Coffee Cake <i>V</i> California Fresh Fruit Milk White, 1% or Fat Free	16 <i>Country Ham &amp; French Toasts</i> <i>WG</i> Variety of Cold Cereal <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free	17 <i>Spanish Quesadilla</i> <i>V WG</i> Banana Bread <i>V WG</i> Seasonal Fresh Fruit Milk White, 1% or Fat Free	18 <i>Chilaquillas &amp; Deli Roaster Potatoes</i> <i>V</i> Blueberry Muffin <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free
21 <i>Whole Wheat Chicken Biscuit</i> <i>WG</i> Variety of Cold Cereal <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free	22 <i>Scrambled Eggs &amp; Hash Browns</i> <i>V</i> Maple Whole Grain Waffle <i>V WG</i> California Fresh Fruit Milk White, 1% or Fat Free	23 <i>Whole Grain Pancakes with Chicken Sausage</i> <i>WG</i> Variety of Cold Cereal <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free	24 <b>Thanksgiving Day</b>	25 <b>Thanksgiving Day Holiday</b>
28 <i>Fruit, Granola &amp; Yogurt Parfait</i> <i>V</i> Variety of Cold Cereal <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free	29 <i>Low Sodium Beef Sausage Patty</i> Café LA Coffee Cake <i>V</i> California Fresh Fruit Milk White, 1% or Fat Free	30 <i>Country Ham &amp; French Toasts</i> <i>WG</i> Variety of Cold Cereal <i>V WG</i> Fruit Juice Milk White, 1% or Fat Free	<i>V</i> = Vegetarian <i>WG</i> = Whole Grain <div>M &amp; C: 10/12/2011</div>	

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# LUNCH - SECONDARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>USDA is an equal opportunity provider and employer.</b>	<b>1</b> Caribbean Meatballs Beef Jambalaya Farmers Market Salad <b>V</b> Whole Wheat Roll <b>WG</b> Carrot Bites Fruit Juice Milk White, 1% or Fat Free	<b>2</b> 100% Charbroiled Beef Burger Slider <b>WG</b> Turkey Carnitas Quinoa & Veggie Salad <b>V</b> Baked Potato Wedges Omega Fruit Cup Milk White, 1% or Fat Free	<b>3</b> Natural Roast Turkey & Au Jus Garlic Hummus with Wheat Pita <b>V</b> Tostada Salad <b>V</b> Green String Beans California Fresh Fruit Milk White, 1% or Fat Free	<b>4</b> Teriyaki Beef & Broccoli Bowl <b>WG</b> Tortellini & Butternut Squash Sauce <b>V</b> Black Eyed Pea Salad <b>V</b> Edamame Chinese Bao Bun Protein Whey Cup Milk White, 1% or Fat Free
<b>7</b> 100% Charbroiled Beef Burger Slider <b>WG</b> Chicken Pozole Chopped Greek Salad <b>V</b> Fresh Broccoli & Dip Omega Fruit Cup Milk White, 1% or Fat Free	<b>8</b> BBQ Baked Chicken Vegetable Chow Mein with Egg <b>V</b> Farmers Market Salad <b>V</b> Homestyle Wheat Bread <b>WG</b> Potato Rounds Fruit Juice Milk White, 1% or Fat Free	<b>9</b> Chunky Beef & Vegetable Stew Grilled Chicken Sandwich <b>WG</b> Quinoa & Veggie Salad <b>V</b> Whole Grain Breadstick <b>WG</b> Baby Carrots Omega Fruit Cup Milk White, 1% or Fat Free	<b>10</b> Italian Turkey Deli Submarine <b>WG</b> Spaghetti & Meatballs <b>WG</b> Tostada Salad <b>V</b> Whole Kernel Corn California Fresh Fruit Milk White, 1% or Fat Free	<b>11</b> <b>Veterans Holiday</b>
<b>14</b> Mesquite Seasoned Chicken Tortellini & Butternut Squash Sauce <b>V</b> Whole Grain Breadstick <b>WG</b> Omega Fruit Cup Milk White, 1% or Fat Free	<b>15</b> Chili Lime Wings Vegetable Curry <b>V</b> Farmers Market Salad <b>V</b> Whole Wheat Naan <b>WG</b> Sweet Potato Bites Fruit Juice Milk White, 1% or Fat Free	<b>16</b> Beef Soft Taco with Mexicali Corn & Whole Wheat Tortilla <b>WG</b> Vegetable Tamale <b>V</b> Quinoa & Veggie Salad <b>V</b> Corn Bread Tossed Green Salad Omega Fruit Cup Milk White, 1% or Fat Free	<b>17</b> Turkey Burger on Ciabatta Roll <b>WG</b> Black Bean Burger <b>V WG</b> Tostada Salad <b>V</b> Potato Smiles California Fresh Fruit Milk White, 1% or Fat Free	<b>18</b> Orange Chicken Bowl <b>WG</b> Garden Patch Potato Skins <b>V</b> Black Eyed Pea Salad <b>V</b> Celery Sticks Garlic Toast Seasonal Fresh Fruit Protein Whey Cup Milk White, 1% or Fat Free
<b>21</b> Ancho Chili Chicken with Yakisoba Vegetable Manicotti with Tomato- Basil Marinara <b>V</b> Chopped Greek Salad <b>V</b> Goldfish Wheat Crackers Zucchini Sticks Omega Fruit Cup Milk White, 1% or Fat Free	<b>22</b> Caribbean Meatballs Beef Jambalaya Farmers Market Salad <b>V</b> Whole Wheat Roll <b>WG</b> Carrot Bites Fruit Juice Milk White, 1% or Fat Free	<b>23</b> 100% Charbroiled Beef Burger Slider <b>WG</b> Turkey Carnitas Quinoa & Veggie Salad <b>V</b> Baked Potato Wedges Omega Fruit Cup Milk White, 1% or Fat Free	<b>24</b> <b>Thanksgiving Day</b>	<b>25</b> <b>Thanksgiving Day Holiday</b>
<b>28</b> 100% Charbroiled Beef Burger Slider <b>WG</b> Chicken Pozole Potato Rounds Omega Fruit Cup Milk White, 1% or Fat Free	<b>29</b> BBQ Baked Chicken Vegetable Chow Mein with Egg <b>V</b> Farmers Market Salad <b>V</b> Homestyle Wheat Bread <b>WG</b> Fresh Broccoli & Dip Fruit Juice Milk White, 1% or Fat Free	<b>30</b> Chunky Beef & Vegetable Stew Grilled Chicken Sandwich <b>WG</b> Quinoa & Veggie Salad <b>V</b> Whole Grain Breadstick <b>WG</b> Baby Carrots Omega Fruit Cup Milk White, 1% or Fat Free	<b>V</b> = Vegetarian <b>WG</b> = Whole Grain <div>M &amp; C: rev 10/14/2011</div>	

Optional Menu Item – Lean Turkey Deli Sandwich