




NOVEMBER | 2017

VASD-ES-BREAKFAST & LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 TURKEY RANCH WRAP W/ LETTUCE PEANUT BUTTER COOKIE STRAWBERRIES CARROT STICKS & HUMMUS	2 TORTILLA CHIPS TACO MEAT, LETTUCE, CHEDDAR CHEESE & SALSA FRUIT SNACK DICED PEACHES	3 TOUCHDOWN NUGGETS KETCHUP OR BBQ SAUCE MAC & CHEESE STEAMED PEAS DICED PEARS
6 TERIYAKI CHICKEN ASIAN RICE APPLE CRUMBLE CELERY STICKS W/ HUMMUS	7 FRENCH TOAST W/ SYRUP ORANGE JUICE CUP SAUSAGE PATTY CARROT STICKS POTATO WEDGES W/ KETCHUP	8 ROASTED CHICKEN W/ BAKED BEANS & COLESLAW BREADSTICK APPLESAUCE	9 HOT TURKEY & GRAVY ON A BUN MASHED POTATOES ROASTED BROCCOLI STRAWBERRIES SNICKERDOODLE COOKIE	10 
13 HAMBURGER OR CHEESE BURGER SUNCHIPS KETCHUP ORANGE RAISELS ROASTED BROCCOLI & CAULIFLOWER	14 BBQ PORK TORTILLA CHIPS MOZZARELLA CHEESE COLESLAW STRAWBERRY JONNY POP STRAWBERRIES	15 ORANGE CHICKEN ASIAN RICE SLICED PEACHES CARROTS STICKS CUCUMBER SLICES W/ HUMMUS	16 HOT DOG W/ FRIES KETCHUP BLUEBERRIES BAKED BEANS FRUIT ROLL UP	17 
20 BREADED CHICKEN SANDWICH W/ POTATO WEDGES KETCHUP CARROTS STICKS WATERMELON RAISELS	21 TURKEY RANCH WRAP W/ LETTUCE & BAG OF FRITOS TOMATO & CORN SALAD CHILLED SLICED PEARS	22 BONELESS CHICKEN DRUMMIES KETCHUP OR BBQ SAUCE BAKED BEANS PEANUT BUTTER COOKIE FRESH APPLE SLICES	23 	24 
27 MINI CORN DOGS CHEESY POTATOES KETCHUP CRAISINS CELERY STICKS W/ HUMMUS	28 FRENCH BREAD PIZZA BLUEBERRIES DICED PEACHES FRUIT SNACK CARROT STICKS CUCUMBER SLICES	29 LASAGNA ROLL-UP GREEN SALAD W/ CHICK PEAS & RANCH FRESH GRAPES BREADSTICK	30 CHICKEN NUGGETS W/ CHICKEN RICE APPLE CRUMBLE ROASTED BROCCOLI & CAULIFLOWER	

K-4 BREAKFAST IS \$1.30 & INCLUDES A WHOLE GRAIN RICH ENTRÉE, 100%FRUIT JUICE AND/OR CHOICE OF FRUIT AND/OR 1% WHITE OR FAT FREE CHOCOLATE MILK

**MONDAY~BREAKFAST PIZZA
 TUESDAY~PANCAKE ON A STICK
 WEDNESDAY~EGG & SAUSAGE
 BREAKFAST SLIDERS
 THURSDAY~MINI DONUTS
 FRIDAY~SOUTHWEST CHICKEN
 TORNADOS**

**ADDITIONAL ENTRÉE'S OFFERED
 DAILY:**

**REDUCED SUGAR CEREAL,
 ASSORTED WHOLE GRAIN
 MUFFINS & BREADS, FRUELS,
 MINI CINNI'S, BENEFIT BARS,
 CHEESE & CRACKERS OR
 YOGURT PARFAITS**

K-4 LUNCH PRICE IS \$2.05 & INCLUDES A MILK

**ALTERNATE MEALS ARE LIMITED
 MONDAY~TURKEY & CHEESE
 TUES~CHEESE & CRACKERS
 WED~TURKEY & CHEESE
 THURS~PBJ
 FRI~TURKEY & CHEESE**