

IMPORTANT
Return by
Tuesday, Nov 18

Write an X in the box for each day you want to order breakfast.



Monday	Tuesday	Wednesday	Thursday	Friday
1-Dec	2-Dec	3-Dec	4-Dec	5-Dec
<i>Cereal Bowl</i>	<i>Blueberry Pomegranate Breakfast Bar</i>	<i>Banana Muffin</i>	<i>Apple Breakfast Bites</i>	<i>Chocolate Cake Donut</i>
Orders for this week were already placed. See your order in November calendar				
8-Dec	9-Dec	10-Dec	11-Dec	12-Dec
<i>Cereal Bowl</i>	<i>Sliced Bagel w/ Strawberry Cream Cheese</i>	<i>French Toast Breakfast Bar</i>	<i>Pumpkin Bread Super Slice</i>	<i>Brekkie</i>
15-Dec	16-Dec	17-Dec	18-Dec	19-Dec
<i>Cereal Bowl</i>	<i>Apple Muffin</i>	<i>Vanilla Waffle</i>	<i>Cinnamon Swirls</i>	<i>Donut Pull Apart</i>
22-Dec	23-Dec	24-Dec	25-Dec	26-Dec
29-Dec	30-Dec	31-Dec	1-Jan	2-Jan
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
<i>Cereal Bowl</i>	<i>Pumpkin Muffin</i>	<i>Sliced Bagel w/ Strawberry Cream Cheese</i>	<i>Honey Breakfast Bun</i>	<i>Dunkin Stix</i>

To fill out see, instructions on the back.

Mire al dorso para instrucciones cómo llenar.

LUNCH

Breakfast includes 100% juice, and choice of milk and / or 2nd fruit

1-Dec	2-Dec	3-Dec	4-Dec	5-Dec
<i>Chicken Sandwich*</i> WG bun, ketchup, Fava Bean Crisps carrot slims and fruit cup <i>*Menu change</i>	<i>Buttermilk Pancake w/syrup</i> Colby Cheese Omelette, baby carrots & dip, and fresh orange	<i>Beef Hot Dog</i> WG bun, ketchup, steamed corn and banana	<i>Chicken Tamale</i> Salsa, Lime Slaw, steamed green beans and fresh honeydew chunks	<i>Cheese Pizza</i> Broccoli florets w/ dip and fresh apple
Any order changes for this week will be accepted if this form is submitted by Tuesday, November 18. If not, your order will remain as previously placed.				
Alternate: Turkey & Cheese Bun <input type="checkbox"/>	Alternate: Citrus Chicken Bun <input type="checkbox"/>	Alternate: Turkey & Cheese on Bagel <input type="checkbox"/>	Alternate: Chicken Salad Bun <input type="checkbox"/>	Alternate: <input type="checkbox"/>
8-Dec	9-Dec	10-Dec	11-Dec	12-Dec
<i>Chicken Nuggets w/ ketchup</i> Mac & Cheese, celery and carrots, and fruit cup	<i>Beef Pretzel Dog</i> Ketchup, steamed corn and fresh orange	<i>Chicken & Egg Fried Rice</i> Roasted broccoli & cauliflower medley and banana	<i>Beef Taco</i> WG Tortilla, shredded lettuce, shred cheddar cheese, mild salsa, cheesy refried beans and honeydew chunks	<i>Cheese Pizza</i> Salad greens & dressing, and fresh apple
Alternate: Grilled Chicken & Cheese Bun <input type="checkbox"/>	Alternate: Deli Turkey on WW Bread <input type="checkbox"/>	Alternate: Banh Mi Chicken on Bread <input type="checkbox"/>	Alternate: Turkey & Cheese on hoagie <input type="checkbox"/>	Alternate: <input type="checkbox"/>
15-Dec	16-Dec	17-Dec	18-Dec	19-Dec
<i>Roasted Chicken Drumstick</i> Mashed potatoes, celery, WG dinner Roll and fruit cup	<i>French Toast Sticks w/ syrup</i> Baby carrots w/ ranch dressing, and fresh orange	<i>Italian Meatball Sub</i> Marinara meatballs, WG sub, Mozzarella cheese, Fava bean crisps, cucumber and banana	<i>Sweet & Sour Chicken</i> Rice, crisp broccoli & dip, and fresh honeydew chunks	<i>Cheese Pizza</i> Salad greens & dressing, and fresh apple
Alternate: Pesto & Provolone Chicken Bun <input type="checkbox"/>	Alternate: Turkey Bun w/ mayo <input type="checkbox"/>	Alternate: Citrus Chicken Bun <input type="checkbox"/>	Alternate: Green Chicken Wrap <input type="checkbox"/>	Alternate: <input type="checkbox"/>
22-Dec	23-Dec	24-Dec	25-Dec	26-Dec
				
29-Dec	30-Dec	31-Dec	1-Jan	2-Jan
				
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
<i>Chicken Nuggets</i> Ketchup, Lime Mayo, Potato Stix w/ ketchup, baby carrots and fruit cups - Choco-Chip cookie	<i>Birria & Cheese Pupusa</i> Lime Slaw & salsa, steamed street corn and fresh orange	<i>Walking Taco</i> Doritos, beef taco, shred lettuce, shred cheddar, mild salsa, cheesy refried beans and banana	<i>Chicken Tenders</i> WG Bun, ketchup, coleslaw, carrot slims and fresh honeydew chunks	<i>Cheese Pizza</i> Green salad & dressing, and apple
Alternate: Grilled chicken & Cheese Bun <input type="checkbox"/>	Alternate: Turkey Bun w/ mayo <input type="checkbox"/>	Alternate: Chicken Club Hoagie <input type="checkbox"/>	Alternate: Green Chicken Wrap <input type="checkbox"/>	Alternate: <input type="checkbox"/>

* Menu is subject to changes

All lunches include choice of milk

This institution is an equal opportunity provider / Esta institución es un proveedor con igualdad de oportunidades.