## **Elementary Breakfast & Lunch**

Each Child May Select: 1 Entree per meal, Seasonal Fruits & Veggies, Milk

Breakfast: Daily Entree, Breakfast Bun, or Cereal Variety, with Fruit and Milk		
Lunch: Choice of Entree with Fruit, Veggies, and Milk, Plus a Snack		
* May contain pork ^ Meatless opt	ion (WG) Made with Whole Grains	
Wednesday	Thursday	Friday
Cinnamon Crumble (WGR) Cereal (WGR) Animal Crackers (WGR)	4 Breakfast Bun (WGR) Cereal (WGR) Belly Bear Cracker, Cinnamon (WGR) Chicken Taco (WGR) Southwest Pull-Aparts^ (WGR)	5 Manager's Choice* Cereal (WGR) Animal Crackers (WGR)



EAT | PLAY | LEARN

USDA extended meal waivers to enable School Day Cafe to serve breakfast and lunch at NO cost to all children 18 years and younger through June 2022.

\*All menu items are subject to change according to availability.



Harvest of the Month (HOTM) provides students with opportunities to explore, taste and learn about the importance of eating fruits and vegetables. This month we are featuring red and apple PEARS!

when eaten with the peel, as that is



Did you know that pears are best where most of the fiber and antioxidants are found.

Try red and apple pears served at your school's School Day Cafe this month.





Strawberry (WGR)
Cereal (WGR)
Belly Bear Cracker, Honey (WGR) Cereal (WGR)
Animal Crackers (WGR) Hamburger (WGR) Cheeseburger (WGR) Italian Cheesy Pull-Aparts^ (WGR) Chicken Nuggets (WGR) Cheese Pizza^ (WGR) Pepperoni Pizza\* (WGR) Chocolate Chip Cookie (WGR) Cherry Apple Crunch Bar (WGR) Cereal (WGR) Animal Crackers (WGR) Banana Chocolate Benefit Bar (WGR) Cereal (WGR) Breakfast Bun (WGR) 11 12 Cereal (WGR) Belly Bear Cracker, Cinnamon Animal Crackers (WGR) (WGR) **BBQ Chicken Meatballs &** Fruit & Yogurt Parfait^ (WGR) Cheesy Garlic Toast^ (WGR) Chicken Tenders (WGR) Cheesy Bean Burrito<sup>^</sup> (WGR) Cheese Pizza<sup>^</sup> (WGR) **Mashed Potatoes** & Mashed Potatoes Southwest Pull-Aparts^ (WGR) Dinner Roll (WGR) Pepperoni Pizza\* (WGŔ) PBJ Sandwich^ (WGR) SunWise Strawberry Sandwich^ (WGR) String Cheese^ Chocolate Chip Cookie (WGR) Cinnamon Mini Bagels (WGR) Cereal (WGR) Animal Crackers (WGR) 17 Pancake Sausage Stick\* (WGR) Cereal (WGR) Animal Crackers (WGR) Breakfast Bun (WGR) Cereal (WGR) Strawberry Pop-Tart (WGR) Cereal (WGR) Belly Bear Cracker, Cinnamon 19 Belly Bear Cracker, Honey (WGR) (WGR) Southwest Chicken Salad PBJ Sandwich^ (WGR) SunWise Strawberry Sandwich^ (WGR) Kickin' Chicken Drumstick Chicken Tenders (WGR) (WGR)
Dinner Roll (WGR)
Beef & Cheese Taco Stick (WGR)
Holiday Cookie (WGR) Cheese Pizza^ (WGR) Pepperoni Pizza\* (WGR) Turkey, Gravy & Mashed Potatoes Dinner Roll (WGR)
Corn Dog, Chicken (WGR) String Cheese Frozen Peach Cup

24

Manager's Choice\* Cereal (WGR) Animal Crackers (WGR) Manager's Choice\*

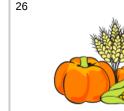
Italian Cheesy Pull-Aparts^
(WGR) Chicken Nuggets (WGR) Cool Tropics Juice Slushy Brownie Cup (WGR)

Manager's Choice\* Cereal (WGR) Animal Crackers (WGR)

Manager's Choice\*

25





Breakfast Bun (WGR) Cereal (WGR) Animal Crackers (WGR)

Chicken Sandwich (WGR) Southwest Pull-Aparts^ (WGR) Chocolate Chip Cookie (WGR)

23

**November 2021** 

Breakfast Bun (WGR)

22

29

Trix Yogurt^ Cereal (WGR) Belly Bear Cracker, Honey (WGR)

Mini Corn Dogs, Chicken (WGR) Cheese Pizza^ (WGR) Pepperoni Pizza\* (WGR)

**Tuesday** 

Mini Bagel Pull Apart,

View nutrition information, menus & more at schooldaycafe.org Get our mobile app "Web Menus"

Follow Us!





A Joint Partnership of Castaic, Newhall, Saugus, and Sulphur Springs school districts. This institution is an equal opportunity provider.