

# 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 option (WG) Made with Whole Grains



School Day Cafe

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!

Did you know that pears are best when eaten with the peel, as that is where most of the fiber and antioxidants are found.

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



## November 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
1	<b>Breakfast Bun (WGR)</b> <b>Cereal (WGR)</b> Animal Crackers (WGR) --- <b>Hamburger (WGR)</b> <b>Cheeseburger (WGR)</b> <b>Italian Cheesy Pull-Aparts^ (WGR)</b> Chocolate Chip Cookie (WGR)	<b>Mini Bagel Pull Apart, Strawberry (WGR)</b> <b>Cereal (WGR)</b> Belly Bear Cracker, Honey (WGR) --- <b>Chicken Nuggets (WGR)</b> <b>Cheese Pizza^ (WGR)</b> <b>Pepperoni Pizza* (WGR)</b>	<b>Cinnamon Crumble (WGR)</b> <b>Cereal (WGR)</b> Animal Crackers (WGR) --- <b>Asian Chicken Salad</b> <b>Cheese &amp; Green Chile Quesadilla^ (WGR)</b>	<b>Breakfast Bun (WGR)</b> <b>Cereal (WGR)</b> Belly Bear Cracker, Cinnamon (WGR) --- <b>Chicken Taco (WGR)</b> <b>Southwest Pull-Aparts^ (WGR)</b>	<b>Manager's Choice* Cereal (WGR)</b> Animal Crackers (WGR) --- <b>Manager's Choice* Toasty Grilled Cheese Sandwich^ (WGR)</b> Corn Dog, Chicken (WGR)	
8	<b>Cherry Apple Crunch Bar (WGR)</b> <b>Cereal (WGR)</b> Animal Crackers (WGR) --- <b>BBQ Chicken Meatballs &amp; Mashed Potatoes &amp; Mashed Potatoes</b> Dinner Roll (WGR) <b>PBJ Sandwich^ (WGR)</b> <b>SunWise Strawberry Sandwich^ (WGR)</b> String Cheese^ Chocolate Chip Cookie (WGR)	<b>Breakfast Bun (WGR)</b> <b>Cereal (WGR)</b> Belly Bear Cracker, Cinnamon (WGR) --- <b>Cheesy Bean Burrito^ (WGR)</b> <b>Cheese Pizza^ (WGR)</b> <b>Pepperoni Pizza* (WGR)</b>	<b>Banana Chocolate Benefit Bar (WGR)</b> <b>Cereal (WGR)</b> Animal Crackers (WGR) --- <b>Fruit &amp; Yogurt Parfait^ (WGR)</b> <b>Southwest Pull-Aparts^ (WGR)</b>		<b>Manager's Choice* Cereal (WGR)</b> Animal Crackers (WGR) --- <b>Manager's Choice* Cheesy Garlic Toast^ (WGR)</b> <b>Chicken Tenders (WGR)</b>	
15	<b>Cinnamon Mini Bagels (WGR)</b> <b>Cereal (WGR)</b> Animal Crackers (WGR) --- <b>Kickin' Chicken Drumstick (WGR)</b> Dinner Roll (WGR) <b>Beef &amp; Cheese Taco Stick (WGR)</b> Holiday Cookie (WGR)	<b>Breakfast Bun (WGR)</b> <b>Cereal (WGR)</b> Belly Bear Cracker, Honey (WGR) --- <b>Chicken Tenders (WGR)</b> <b>Cheese Pizza^ (WGR)</b> <b>Pepperoni Pizza* (WGR)</b>	<b>Pancake Sausage Stick* (WGR)</b> <b>Cereal (WGR)</b> Animal Crackers (WGR) --- <b>Southwest Chicken Salad</b> <b>PBJ Sandwich^ (WGR)</b> <b>SunWise Strawberry Sandwich^ (WGR)</b> String Cheese^ Frozen Peach Cup	<b>Strawberry Pop-Tart (WGR)</b> <b>Cereal (WGR)</b> Belly Bear Cracker, Cinnamon (WGR) --- <b>Turkey, Gravy &amp; Mashed Potatoes</b> Dinner Roll (WGR) <b>Corn Dog, Chicken (WGR)</b>	<b>Manager's Choice* Cereal (WGR)</b> Animal Crackers (WGR) --- <b>Manager's Choice* Italian Cheesy Pull-Aparts^ (WGR)</b> <b>Chicken Nuggets (WGR)</b> Cool Tropics Juice Slushy Brownie Cup (WGR)	
22						
29	<b>Breakfast Bun (WGR)</b> <b>Cereal (WGR)</b> Animal Crackers (WGR) --- <b>Chicken Sandwich (WGR)</b> <b>Southwest Pull-Aparts^ (WGR)</b> Chocolate Chip Cookie (WGR)	<b>Trix Yogurt^</b> <b>Cereal (WGR)</b> Belly Bear Cracker, Honey (WGR) --- <b>Mini Corn Dogs, Chicken (WGR)</b> <b>Cheese Pizza^ (WGR)</b> <b>Pepperoni Pizza* (WGR)</b>				

View nutrition information, menus & more at [schooldaycafe.org](http://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.