

# November Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken tenders fries Fruit Veggies or veggie bar	5 Hard shell ground beef taco Beans Fruit Veggies or veggie bar	6 Alfredo pasta Garlic bread Fruit Veggies or veggie bar	7 Corn dog chips Fruit Veggies or veggie bar	8 Pizza Fruit Veggies or veggie bar
11  No School	12 Cheese enchiladas rice Fruit Veggies or veggie bar	13 Fried rice Egg roll Fruit Veggies or veggie bar	14 Chicken noodle soup Roll Fruit Veggies or veggie bar	15 Pizza Fruit Veggies or veggie bar
18 Spaghetti w/ meatballs Garlic bread Fruit Veggies or veggie bar	19 Carne asada soft tacos Fruit Veggies or veggie bar	20 Bean, rice and cheese burrito Fruit Veggies or veggie bar	21 Grilled cheese sandwich Fruit Veggies or Veggie bar	22 Thanksgiving Feast

All lunches served with a choice of milk, either 1% fat or non-fat.

SYV Charter School is an equal opportunity provider.

## November breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4 Waffles bacon Fruit	5 Soft pretzel String cheese Fruit	6 cereal Fruit	7 English muffin w/ fried egg Fruit	8 Yogurt parfait Fruit
11  No School	12 Bagel w/ cream cheese or peanut butter Fruit	13 PBJ Fruit	14 Scramble egg Hash brown Fruit	15 Oatmeal Toast Fruit
18 Pancakes Sausage Fruit	19 cereal Fruit	20 Yogurt Graham crackers Fruit	21 Pretzels Apple sauce String cheese	22 bagels Fruit

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