

SYVCS November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken soft Tacos Beans Fresh fruit	2 Cheese pizza Fresh fruit Veggies (Hot chocolate and bread)	3 Fish sticks Fries Fresh fruit veggies	4 Corn dogs Chips Fresh fruit veggies
7 Chicken tenders Fresh fruit salad	8 Bean and cheese burritos Fresh fruit veggies	9 Pepperoni pizza Veggies smoothie	10 Hot dogs Chips Veggies Fresh fruit	11 No School
14 Orange Chicken Rice Fresh fruit veggies	15 Chicken quesadilla Fresh fruit veggies	16 Cheese pizza Veggies smoothie	17 Cheese burger Fresh fruit Lettuce, tomato, pickle	18 Thanksgiving feast
21	22 Thanksgiving	23 Break	24	25
28 Chicken alfredo pasta Garlic bread Fresh fruit veggies	29 Carne asada Nachos Beans Fresh fruit veggies	30 Pepperoni pizza Veggies smoothie		

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

November Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal Banana String cheese	2 Breakfast casserole Fresh fruit	3 Oatmeal Toast Fresh fruit	4 Scramble eggs Hash brown Fresh fruit
7 Yogurt Granola Fresh fruit	8 Bagels w/ cream cheese Hardboil egg Fresh fruit	9 Apple sauce String cheese Gold fish	10 Breakfast sandwich Fresh fruit	11 No school
14 Waffles Sausage Fresh fruit	15 Cereal String cheese Fresh fruit	16 Scramble egg Toast Fresh fruit	17 Yogurt Graham cracker Fresh fruit	18 Gold fish Apple sauce String cheese
21	22 thanksgiving	23 break	24 No school	25
28 Bagels w/ cream cheese Fresh fruit Hard boil egg	29 French toast Sausage Fresh fruit	30 Breakfast burrito Fresh fruit		

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