



Get in touch with us to learn more about free and reduced price meals.  
 530-846-5594 Ask for Brittany  
 Breakfast Price \$ 2.85  
 \*\*Menu Subject to change



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Chicken/Cheese Quesadilla **1**  
 Refried Beans  
 Cottage Cheese & Fruit  
 Fruit and Garden Salad Bar

Sloppy Joe **2**  
 Baked Chips  
 Macaroni Salad  
 Fruit and Garden Salad Bar

Whole Grain Pasta & Meat Sauce **3**  
 Breadstick  
 Caesar Salad  
 Fruit and Garden Salad Bar

Chicken Nuggets & Roll **6**  
 Hot Veggie  
 Fresh Fruit Salad  
 Fruit and Garden Salad Bar

Grilled Cheese Sandwich **7**  
 Seasoned Oven Fries  
 Coleslaw  
 Fruit and Garden Salad Bar

Brunch For Lunch **8**  
 Pancakes & Sausage  
 Tator Tots  
 Cottage Cheese & Fruit  
 Fruit and Garden Salad Bar

Hot Dog (Turkey) **9**  
 Chili Beans  
 Macaroni Salad  
 Fruit and Garden Salad Bar

No School **10**

Grilled Chicken Burger **13**  
 Nachos & Fixins  
 Fresh Fruit Salad  
 Fruit and Garden Salad Bar

Mandarin Orange **14**  
 Chicken W/ Brown Rice  
 Pineapple  
 Coleslaw  
 Fruit and Garden Salad Bar

Beef Taco Bar or PB&J **15**  
 Refried Beans/Chips  
 Cottage Cheese & Fruit  
 Fruit and Garden Salad Bar

Hamburger/Veggie **16**  
 Burger  
 Baked Chips  
 Macaroni Salad  
 Fruit and Garden Salad Bar

Thanksgiving Feast **17**  
 Baked Chicken  
 Mashed Potatoes & Gravy  
 Dinner Roll  
 Cookie  
 Green Salad Bar & Fruit & Veggie

No School **20**

No School **21**

No School **22**

No School **23**

No School **24**

Beef Taco Bar **27**  
 Refried Beans/Chips  
 Fresh Fruit Salad  
 Fruit and Garden Salad Bar

Mandarin Orange **28**  
 Chicken W/ Brown Rice  
 Pineapple  
 Coleslaw  
 Fruit and Garden Salad Bar

Sandwich Day **29**  
 Turkey/Cheese/Wrap  
 Tuna Boat  
 Goldfish Crackers  
 Cottage Cheese & Fruit  
 Fruit and Garden Salad Bar

PB&J **30**  
 Goldfish Crackers  
 Cheese Stick  
 Macaroni Salad  
 Fruit and Garden Salad Bar

