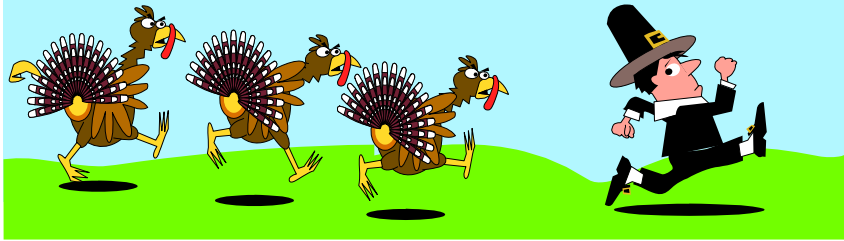


# Menus for November 2011



Manzanita Elementary School District

**Monday, Oct. 31**

**Breakfast**

Waffle Bar  
Vanilla Yogurt, Nuts  
Strawberries/Bananas  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**

Grilled Chicken Sandwich  
Tomato/Lettuce/Pickles  
Cheese Nachos & Fixins'  
Fruit & Garden Salad Bar  
Milk

**Tuesday, Nov. 1**

**Breakfast**

Apple Cinnamon Oatmeal  
Cinnamon Grahams  
Raisins and Nuts  
3 Fresh Fruit Choices  
Milk & Juice

**Lunch**

Taco Bar-Beef/Chicken  
Refried Beans  
Salsa & Sour Cream  
Avocado/Jalapenos/Olives  
Fruit & Garden Salad Bar  
Milk

**Wed., Nov. 2**

**Breakfast**

Bagel & Cream Cheese  
Peanut Butter and/or Jelly  
3 Fresh Fruit Choices  
Milk  
Juice

**Lunch**

Homemade Spaghetti (WW)  
Garlic Flatbread (WG)  
Fruit & Garden Salad Bar  
with Caesar Salad  
Milk

**Thurs., Nov. 3**

**Breakfast**

Country Breakfast Meal  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**

Teriyaki Dunkers OR  
Egg Roll (Chicken/Veg)  
Fried Rice  
Pineapple, Apples, Oranges,  
Garden Salad Bar with  
Asian Broccoli-Noodle Salad  
Milk

**Friday, Nov. 4**

**Breakfast**

Cheesy Scrambled Eggs  
Tator Tots  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**

Bubble Pizza or  
Homemade Pizza  
Pepperoni/Vegetarian  
Cheese & Garlic Chicken  
Fruit & Super Salad Bar  
Milk

## Available Daily

**Breakfast**

Cold Cereal, Non-Fat Yogurt, 3 Fresh Fruit Choices  
(Apples, Oranges, Melon, Berries, Mango, Kiwi, Plums, Pineapple, etc.)  
100% Juice (Apple, Grape, and Orange)

**Lunch**

Peanut Butter & Jelly Uncrustable, Vegetarian Meal,  
Choice of Fruits & Garden Salad Bar  
(Mixed Greens, Tomatoes, Carrots, Cucumbers, Other Veggies,  
Low & Non Fat Dressings)

**All You Can Eat Fruit & Salad Bar**

Milk offered with all meals  
1% Unflavored, Nonfat Chocolate & 1% Strawberry Available

100% Juice



Fruit Juices  
offered in a  
variety of flavors

**Monday, Nov. 7**

**Breakfast**

French Toast Sticks  
Granola & Nuts  
Milk  
Juice

**Lunch**

Cheese/Chicken Quesadilla  
Salsa & Sour Cream  
Spicy Beans  
Grapes, Apples, Oranges  
Garden Salad Bar  
Milk

**Tuesday, Nov. 8**

**Breakfast**

Yogurt Bar/Choc Grahams  
Sliced Strawberries/Banana  
3 Fresh Fruit Choices  
Milk & Juice

**Lunch**

Chicken Nuggets  
Mashed Potatoes & Gravy  
Fruit & Garden Salad Bar  
Romaine Veggie Salad  
Milk

**FRUIT OF THE MONTH**  
**Grapes**  
Almost everybody loves grapes! And their juiciness and natural sweetness, combined with a low calorie count, make grapes an ideal food for snacking or dessert. Believe it or not, grapes are really berries!

**Wed., Nov. 9**

**Breakfast**

Mustang Breakfast Pizza  
3 Fresh Fruit Choices  
Milk  
Juice

**Lunch**

Hamburger/Veggie Burger  
Or Fishwich (order ahead)  
Seasoned Baked Fries  
Fruit & Garden Salad Bar  
Cottage Cheese & Fruit  
Milk

**Thurs., Nov. 10**

**Breakfast**

Scrambled Eggs & Ham  
Biscuit & Jelly  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**

French Bread Pizza or  
Tony's Whole Grain Pizza  
Cheese/Vegetarian/  
Pepperoni/Combo  
Fruit & Super Salad Bar  
Hot Veggie

**Friday, Nov. 11**

**Thank You**



★ VETERANS' DAY ★  
NOVEMBER 11

**Monday, Nov. 14**

**Breakfast**

Breakfast Burrito/Salsa  
(Egg & Cheese)  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**

Chicken Fries  
Corn on the Cob  
Variety of Fruit  
Garden Salad Bar with  
Apple-Craisin Salad  
Milk

**Tuesday, Nov. 15**

**Breakfast**

Country Breakfast Meal  
3 Fresh Fruit Choices  
Milk  
Juice

**Lunch**

Bean & Cheese Burrito  
Spanish Rice  
Variety of Fruit  
Garden Salad Bar with  
Tortilla Salad  
Milk

**Wed., Nov. 16**

**Breakfast**

Variety of Yoplait Yogurt  
Chocolate Grahams  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**

Fresh Baked Lasagna  
Cheesy Bread Stick  
Variety of Fruit  
Garden Salad Bar with  
Romaine Avocado Salad  
Milk

**Thurs., Nov. 17**

**Breakfast**

Egg & Sausage Scramble  
Tortilla & Salsa  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**

Bubble Pizza or  
Flat Bread Pizza—Cheese  
Pepperoni/Vegetarian/  
Garlic Chicken  
Hot Veggie  
Fruit & Super Salad Bar  
Milk

**Friday, Nov. 18**

**Breakfast**

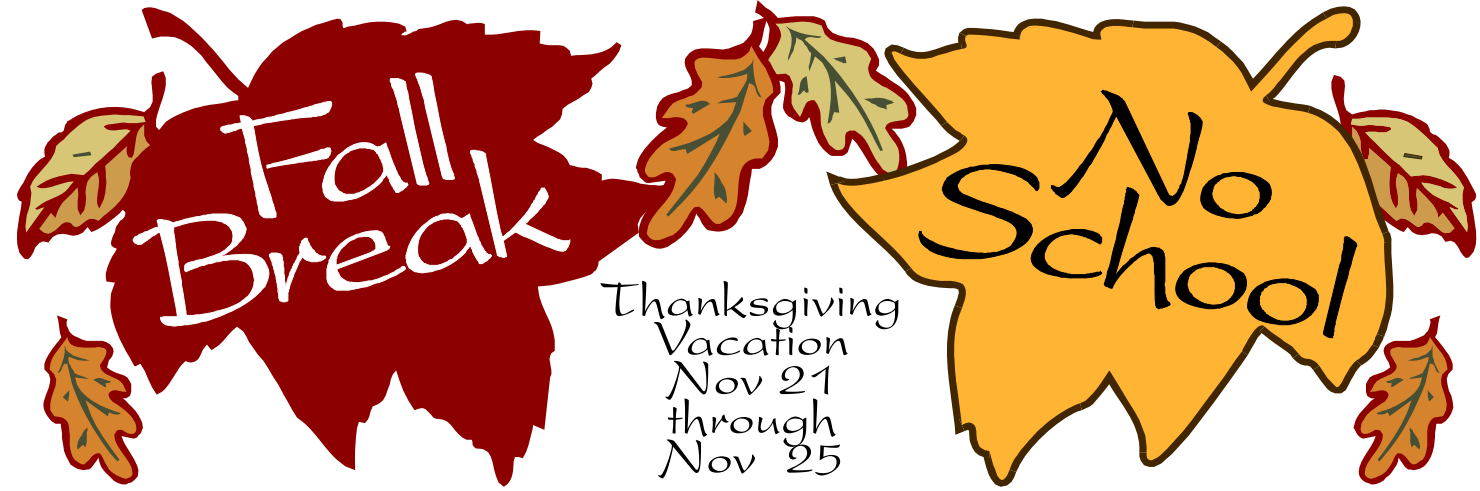
Pancakes (WG)  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**

Baked Ham  
Mashed Potatoes & Gravy  
Cranberry Sauce/WG Rolls  
Fruit & Salad Bar with  
Caesar Salad  
Ice Cream Cup  
Milk



**Thanksgiving  
Break starts  
today**



**Monday, Nov. 28**

**Breakfast**

Yogurt Bar/Choc Graham  
Sliced Strawberries/Bananas  
Granola, and Nuts  
3 Fresh Fruit Choices  
Milk and Juice

**Brunch for Lunch**

Cinn. French Toast (WW)  
Ham Slice  
Tator Tots  
Melon Medley  
Milk

**Tuesday, Nov. 29**

**Breakfast**

Mustang Breakfast Pizza  
Cinnamon Grahams  
3 Fresh Fruit Choice  
Milk and Juice

**Lunch**

Deli Sandwiches  
Turkey or Tuna Boat  
Baked Nacho Doritos  
Fruit & Salad Bar with  
Fresh Fruit Salad  
Milk

**Wed., Nov. 30**

**Breakfast**

Cheesy Scrambled Eggs  
Biscuit & Jelly  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**

Cheese/Chicken Quesadilla  
Or Burrito Bowl  
Sour Cream & Salsa  
Spanish Rice  
Variety of Fruit  
Garden Salad Bar  
Milk

**Thurs., Dec. 1**

**Breakfast**

French Toast Sticks  
3 Fresh Fruit Choice  
Milk and Juice

**Lunch**

Chef Salad Bar-Mixed Greens  
Meat/Olives/Carrots/Zucchini  
Cucumbers/Tomato/Avocado  
Garbanzo & Kidney Beans/  
and Pasta Salad  
Variety of Fruit  
Milk

**Friday, Dec. 2**

**Breakfast**

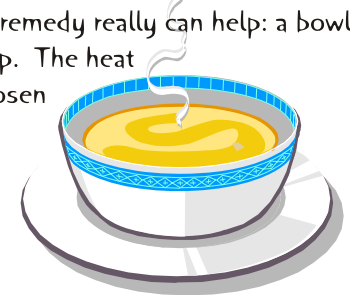
Cold Cereal or Yogurt  
Breakfast Bar  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**

French Bread Pizza or  
Tony's Whole Grain Pizza  
Cheese/Vegetarian  
Pepperoni & Combo  
Fruit & Super Salad Bar  
Milk

**COLD COMFORT.**

There's still no cure for the common cold, but one tried and true remedy really can help: a bowl of hot chicken soup. The heat and steam help loosen up congestion and make you feel a little better while you wait for your cold to go away!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**