

 **BREAKFAST**

 **LUNCH**

NOVEMBER 2018

LA ACADEMIA DE ESPERANZA

All meals are served with a food bar and your choice of low-fat flavored or white milk.
We use whole grain breads. All foods are baked.

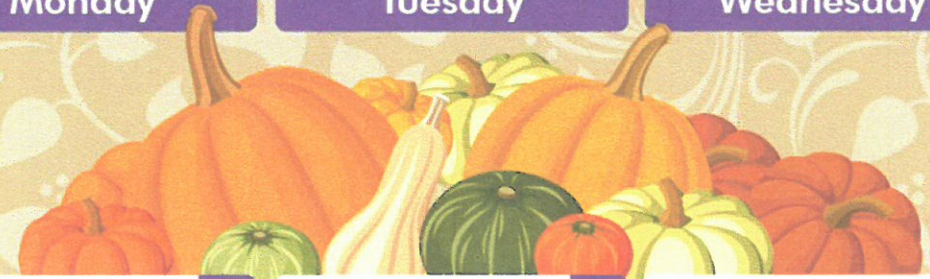
Monday

Tuesday

Wednesday

Thursday

Friday



5
SAUSAGE PATTIE
TORTILLA
FRESH FRUIT

BBQ RIBETTE
BROCCOLI
MIXED FRUIT
GARLIC BREADSTICKS

6
COLD CEREAL, VARIETY
YOGURT
FRESH FRUIT

QUESADILLA
REFRIED BEANS
APPLESAUCE
CHEX MIX

7
BREAKFAST BURRITO
FRESH FRUIT

CHICKEN DRUMSTICKS
WHIPPED POTATOES
PEACHES
WHOLE WHEAT ROLL

8
FRENCH TOAST STICKS
FRESH FRUIT

EGG ROLLS
BROWN RICE
ORIENTAL VEGETABLES
MANDARIN ORANGES

9
PEANUT BUTTER & JELLY
FRESH FRUIT

BEEF TACOS (HARD SHELL)
CARROT STICKS
SIDEKICKS
TORTILLA

12
POPART
FRESH FRUIT

HAMBURGER ON A BUN
BAKED BEANS
PEARS

13
PANCAKE WRAP
FRESH FRUIT

CORN DOG
BROCCOLI
PEACHES
WHOLE WHEAT ROLL

14
NUTRIGRAIN BAR
YOGURT
FRESH FRUIT

BEEF TAQUITOS
PINTO BEANS
PINEAPPLE CHUNKS

15
CHEESE OMELET
TOASTED ENGLISH MUFFIN
FRESH FRUIT

PIZZA
CARROTS
APRICOTS

16
BOILED EGG
TOAST / FRESH FRUIT

TURKEY WITH DRESSING
WHIPPED POTATOES
TURKEY GRAVY
GREEN BEANS
FRUIT SALAD
WHOLE WHEAT ROLL
CAKE

19
COLD CEREAL, VARIETY
STRING CHEESE
FRESH FRUIT

FRITO PIE
CORN
PEACHES
GOLDFISH CRACKERS

20
ASSORTED MUFFINS
FRESH FRUIT

CHICKEN TAQUITOS
CARROTS
PINEAPPLE CHUNKS

21

22

23

26
POP TART
FRESH FRUIT

BBQ RIBETTE
POTATOES, AU GRATIN
APRICOTS
WHOLE WHEAT ROLL

27
CHEESE OMELET
TORTILLA
FRESH FRUIT

TORTILLA BURGER
PINTO BEANS
PEARS

28
BISCUIT EGG CHEESE
SANDWICH
FRESH FRUIT

CHICKEN PARMESAN
PEAS
MIXED FRUIT
BREADSTICKS

29
MINI PANCAKE EGGO BITES
FRESH FRUIT

PHILLY STEAK SANDWICH
CARROTS
APPLESAUCE
WHOLE WHEAT ROLL

30
BISCUITS & GRAVY
SAUSAGE PATTIE
FRESH FRUIT

PIZZA
BROCCOLI
FRESH FRUIT
COOKIE

Civil Rights Statement: In accordance with Federal law and U.S. Dept. of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, religion, political belief, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W. Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.