Sac	red Heart Elementary Sc	hool		November 2021	t in the second
November 1	November 2	November 3	November 4	November 5	Menu subject to change
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Mena subject to change
Cereal & Pop Tart or Yogurt	Cinnamon Roll w/Drizzle Frosting	Pancakes w/Sausage	Cereal or Pop Tart or	French Toast Sticks w/ Syrup	
Pineapple Tidbits	Applesauce	Oranges	String Cheese	Diced Peaches	Build a Better Breakfast
		5	-		Start with 1 Fruit
Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Bananas	Orange or Apple Juice	
Assorted Milk	Assorted Milk	Assorted Milk	Orange, Apple Juice or Milk	Assorted MIlk	Include: 1 or 2 Grains
Lunch	Lunch	Lunch	Lunch	Lunch	Your meal must have a
Veggie Chicken Nuggets	Cheese Sandwich	Veggie Walking Tacos w/Salsa	Veggie Burger	Pizza	Fruit + 2 components
French Fries & Broccoli	Lettuce & Tomato, Carrots & Chips	Lettuce & Tomato & Mixed Veggies	Smiley Fries & Baked Beans	Green Beans & Romaine Salad	Student will have Free Breakfast
Applesauce	Pineapple Tidbits	Mandarian Oranges	Diced Pears	Fruit Cocktail	and Lunch
Chocolate or White Milk November 8	Chocolate or White Milk November 9	Chocolate or White Milk November 10	Chocolate or White Milk November 11	Chocolate or White Milk November 12	and Lunch
	Breakfast		Breakfast	Breakfast	Choice of Milk
<u>Breakfast</u> Cereal, Pop Tart or Nutrigrain Bar		<u>Breakfast</u> Pancakes w/Sausage and Syrup	Egg & Cheese on English Muffin	<u>Breaktast</u> Cereal & Fruit Grain Bar or Pop Tart	FF Chocolate, 1% White
	Blueberry Muffin	2	55	•	FF Chocolate, 1% White
Diced Peaches	Applesauce	Bananas	Mandarin Oranges	Applesauce	
Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Milk Price .35
Chocolate or White Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	
Lunch	Lunch	Lunch	Lunch	Lunch	
Grilled Cheese	Veggie Chicken Nugget Sandwich	Veggie Burger	Veggie Chicken Nuggets w/Roll	Cheese Sticks w/Marinara Sauce	
Tator Tots & Veggie Tray	Corn & Romaine Salad	Baked Beans,Carrots & Celery	Mash Potatoes & Mixed Veggies	Green Beans & Carrots	
Diced Peaches	Fruit Cocktail	Diced Pears	Mandarin Oranges	Applesauce	Adult Prices \$3.40
Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	WHAT A DEAL! Eat with us!
November 15	November 16	November 17	November 18	November 19	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Cereal, Pop Tart or Yogurt	Cinnamon Roll w/Drizzle Frosting	Pancakes w/Sausage and Syrup	Cereal or Pop Tart String Cheese	French Toast Sticks w/ Syrup	
Pineapple Tidbits	Applesauce	Oranges	Bananas	Diced Peaches	Build a DELICIOUS Lunch
Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Start with 1-2 Fruits
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	and/or 1-2 Vegetables
Lunch	Lunch	Lunch	Lunch	Lunch	
Nachos w/Cheese & Salsa	Veggie Chicken Nuggets	Cheese Ravioli w/Sauce	Veggie Cicken Nuggets	Pizza	Include: Entrée of Meat
Refried Beans & Corn	French Fries & Carrots	Green Beans, Salad & Breadsticks	Tator Tots & Fresh Broccoli	Mixed Veggies & Romaine Salad	and Whole Grains
Lettuce & Tomato & Diced Peaches	Mandarin Oranges	Applesauce	Fruit Cocktail	Diced Pears	and a Choice of Milk
Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Your meal must include:
November 22	November 23	November 24	November 25	November 26	
Breakfast	Breakfast	Breakfast	TTA DDI	T	1/2 cup vegetable
Cereal & Fruit Grain Bar or Pop Tart	Blueberry Muffin	Pancakes w/Sausage and Syrup	- HAPPY	Y	and or 1/2 cup of fruit+G38:K38
Diced Peaches	Applesauce	Bananas	1.4.4.1	CONTRACTO	and 2 other components
Orange or Apple Juice				CCIVINC	una 2 otner components
5 11	Orange or Apple Juice	Orange or Apple Juice	FIAINN		
Assorted Milk	Assorted Milk	Assorted Milk		A start with and allow the start of	
Lunch	Lunch	Lunch			
Veggie Burger	Spaghetti w Veggie Meat Sauce	Veggie Tacos w/Salsa			
French Fries, Lettuce & Tomato	Broccoli & Romaine Salad	Lettuce/Tomato, Ref. Beans & Corn			Adult Prices \$3.40
Diced Peaches	Fruit Cocktail	Diced Pears Character on White Mills			Adult Prices \$3.40
Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk			
November 29	November 30				
Thanksgiving Break					
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