



November

2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



01
PANCAKES, MINI
Banana
Orange Juice

02
CINNAMON
ROLL
APPLE CRISPS &
Fresh Fruit

03
EGG SANDWICH
Apple Juice
Fresh Fruit

06
MUFFIN,
BLUEBERRY
Apple Juice
Fresh fruit

07
CEREAL, 2 oz
MULTI GRAIN
Fresh Fruit
Craisins

08
SAUSAGE
MUFFIN
Orange Juice
Fresh Apple Slices

09
BAGEL
Cream Cheese PC
Apple Juice
Fresh Orange

10
FRENCH
TOAST MINIS
Applesauce Cup
Fresh Fruit

13
PB&J POCKET
Fresh Apple

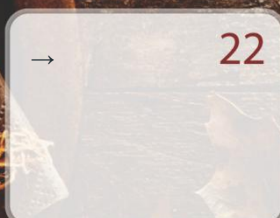
14
BREAKFAST
APPLE BAR
(contains ½ c fruit)
Frozen Peach
Cup

15
CEREAL, Honey
Nut Cheerios
Celery Sticks
w/PB cup-JIFF &
JUICE

16
OATMEAL BAR,
Cheese Stick
Applesauce Cup
Fresh Fruit

17
BREAKFAST
PIZZA
Apple Juice
Fresh Fruit

20
THANKSGIVING
BREAK →



27
PANCAKE ON
A STICK
Apple Juice
SEASONAL
FRUIT

28
CEREAL, 2 OZ
Fresh Fruit
Carrots, baby

29
ZUCCHINI
BREAD SLICE
Fresh Apple
& JUICE

30
CEREAL 1 oz
Yogurt
Fresh Fruit
Applesauce Cup



InSeason!Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are now over 600 varieties of oranges worldwide.



Ideal conditions for growing oranges are in sub-tropical areas that have good amounts of sunshine yet moderate to warm temperatures (60°F - 84 °F).

Announcements

Nutritional Information can be viewed at

<http://belen.healtheliving.net>

Menus are subject to change due to food availability/shortages from our distributors.

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ELEMENTARY

MENUS

ALL MEALS SERVED WITH VARIETY OF MILK.

Breakfast –white milk only

Soy milk is available for students on restricted diets.

Fresh Fruit-seasonal. May change as product availability changes.