

Mark West Union School District

November

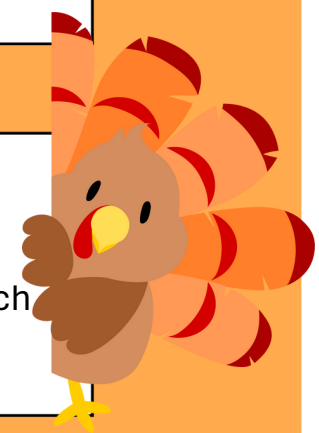
BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cinnamon Crumble Cinnamon Chex Cereal Mini Pancakes (V)	Chocolate ChipMuffinTop Cheerios Cereal Sausage & Cheese Croissant Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal Sausage Stuffed Waffle	Mantecada Muffin Cheerios Cereal Egg Scramble w/ Sausage	Blueberry Yogurt Parfait w/ Granola Honey Bunches of Oats Cereal Pancake Sausage Sandwich
10	11	12	13	14
Non-Instructional Day NO SCHOOL	Veteran's Day NO SCHOOL	Vanilla Concha Cinnamon Chex Cereal Mini Pancakes (V)	Blueberry Muffin Honey Bunches of Oats Cereal Breakfast Burrito	Cinnamon Swirl Cinnamon Chex Cereal Sausage Stuffed Waffle
17	18	19	20	21
Cinnamon Crumble Cinnamon Chex Cereal Mini Pancakes (V)	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal Sausage Stuffed Waffle	Mantecada Muffin Cheerios Cereal Egg Scramble w/ Sausage	Strawberry Banana Smoothie w/ Granola Honey Bunches of Oats Cereal Pancake Sausage Sandwich
24	25	26	27	28
Thanksgiving Break NO SCHOOL	Thanksgiving Break NO SCHOOL	Thanksgiving Break NO SCHOOL	Thanksgiving Break NO SCHOOL	Thanksgiving Break NO SCHOOL
Breakfast Includes:	Featured Fruit:		RevUp Rewards:	
Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams *All grains are wholegrain rich	Apples, Apple Slices, Applesauce Cups, Bananas, Oranges, Pears, Raisins, 100% Fruit Juice Seasonal Fruit: Tangerines		Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	



November LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheeseburger & Fries Hot Dog & Fries Yogurt & Mantacada Kit w/ Corn (V)	Penne Pasta w/ Meatsauce Chicken Tamale w/ Mixed Vegetables Cheese Pizza Kit (V)	BBQ Chicken w/ Baked Beans Bean & Cheese Burrito w/ Fava Beans (V) Chicken Salad & Cheese Kit w/ Crispy Beans	Teriyaki Chicken w/ Rice & Carrots Mac & Cheese w/ Diced Carrots (V) Asian Chicken Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
10	11	12	13	14
Non Instructional Day NO SCHOOL	Holiday NO SCHOOL	Turkey Nachos w/ Tortilla Chips Cheese Tamale w/ Black Beans Veggie Chef Salad	Holiday Turkey Meal w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido (V) "P"B&J BYO Kit (V)	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Pretzel Sandwich
17	18	19	20	21
Cheeseburger & Fries Crispy Chicken Sandwich & Fries Yogurt & Mantacada Kit w/ Corn (V)	Orange Chicken w/ Rice & Peas Penne Pasta w/ Meatsauce Cheese Pizza Kit (V)	Beef Taco Stick w/ Fava Beans Cheese Tamale w/ Black Beans Chicken Salad & Cheese Kit & Crispy Beans	Mac & Cheese w/ Diced Carrots (V) Pizza Bites w/ Marinara (V) Caesar Chicken Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
24	25	26	27	28
Thanksgiving Break NO SCHOOL	Thanksgiving Break NO SCHOOL	Thanksgiving Break NO SCHOOL	Thanksgiving Break NO SCHOOL	Thanksgiving Break NO SCHOOL
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance *Allgrainsarewholegrainrich	Monday: French Fries Tuesday: Crispy Beans Wednesday: Baby Carrots Thursday: Cucumber / Celery Friday: Side Salad w/ Dressing	Apples, Apple Slices, Applesauce, Bananas, Dried Cranberries, Oranges, Pears, Raisins, 100% Juice Seasonal: Grapes, Tangerines & Persimmons	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

