

November 2023

LESD Breakfast Menu

MON	TUES	WED	THURS	FRI
30	31	Día de los Muertos	11/1	11/2
Pancake Squares + Turkey Sausage (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Frozen Fruit Cup Dried Cranberries 8 oz NF or 1% White Milk	Variety Bagels & Cream Cheese (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Apples 100% Orange Juice 8 oz NF or 1% White Milk	Concha Variety Cereal + String Cheese or Sunflower Kernels (v) Bananas Applesauce Cups 8 oz NF or 1% White Milk	Mantecada Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Oranges Dried Cranberries 8 oz NF or 1% White Milk	Blueberry Yogurt Cup & Granola Variety Cereal + String Cheese or Sunflower Kernels (v) Grapes Apple Chips 8 oz NF or 1% White Milk
6	7	8	9	10
Quesadilla + Pico de Gallo Salsa (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Frozen Fruit Cup Dried Cranberries 8 oz NF or 1% White Milk	Waffle with Strawberries + Turkey Sausage Variety Cereal + String Cheese or Sunflower Kernels (v) Apples 100% Orange Juice 8 oz NF or 1% White Milk	Maple Turkey Pancake Wrap Variety Cereal + String Cheese or Sunflower Kernels (v) Bananas Applesauce Cups 8 oz NF or 1% White Milk	French Toast with Glazed Peaches (v) Variety Cereal + String Cheese or Sunflower Kernels (v) HOTM: Kiwifruit Oranges 8 oz NF or 1% White Milk	Veteran's Day Holiday *School not in session*
13	14	15	16	17
Pancake Squares + Turkey Sausage (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Frozen Fruit Cup Dried Cranberries 8 oz NF or 1% White Milk	Variety Bagels & Cream Cheese (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Apples 100% Orange Juice 8 oz NF or 1% White Milk	Blueberry Yogurt Cup & Granola Variety Cereal + String Cheese or Sunflower Kernels (v) Bananas Applesauce Cups 8 oz NF or 1% White Milk	Mantecada Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Oranges Dried Cranberries 8 oz NF or 1% White Milk	Concha (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Grapes Apple Chips 8 oz NF or 1% White Milk
20	21	22	23	24
Thanksgiving Break *School not in session*	Thanksgiving Break *School not in session*	Thanksgiving Break *School not in session*	Thanksgiving Break *School not in session*	Thanksgiving Break *School not in session*
27	28	29	30	12/1
Quesadilla + Pico de Gallo Salsa (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Frozen Fruit Cup Dried Cranberries 8 oz NF or 1% White Milk	Waffle with Strawberries + Turkey Sausage Variety Cereal + String Cheese or Sunflower Kernels (v) Apples 100% Orange Juice 8 oz NF or 1% White Milk	Egg & Cheese English Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Bananas Applesauce Cups 8 oz NF or 1% White Milk	French Toast with Glazed Peaches (v) Variety Cereal + String Cheese or Sunflower Kernels (v) HOTM: Kiwifruit Oranges 8 oz NF or 1% White Milk	Double Chocolate Chip Muffin (v) Variety Cereal + String Cheese or Sunflower Kernels (v) Grapes Apple Chips 8 oz NF or 1% White Milk

(v)= Vegetarian
(p) = Contains Pork

This institution is an equal opportunity provider.

November 2023

LESD Elementary School 2nd Chance Breakfast Menu

MON		TUES		WED		THURS		FRI	
30		31		Día de los Muertos		11/1		2	
Cinnamon Toast Crunch Cereal Bar + Sunflower Seeds (v)	Strawberry Yogurt Chex Mix + String Cheese (v)	Concha (v)	Bananas	Mantecada Muffin (v)	Oranges	Mini Chocolate Chip BeneFit Bar + Sunflower Seeds (v)			
Frozen Fruit Cup	Apples					Grapes			
Dried Cranberries	100% Orange Juice	Applesauce Cups		Dried Cranberries		Apple Chips			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk			
6		7		8		9		10	
Variety Cereal + Sunflower Seeds (v)	Banana Chocolate Chunk BeneFit Bar (v)	Variety Cereal + Sunflower Kernels or String Cheese (v)		Mini Yogurt (v) + Cinnamon GoldFish (v)		Veteran's Day Holiday *School not in session*			
Frozen Fruit Cup	Apples	Bananas		HOTM:					
Dried Cranberries	100% Orange Juice	Applesauce Cups		Oranges					
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk		8 oz NF or 1% White Milk					
13		14		15		16		17	
Cinnamon Toast Crunch Cereal Bar + Sunflower Seeds (v)	Strawberry Yogurt Chex Mix + String Cheese (v)	Mini Chocolate Chip BeneFit Bar + Sunflower Seeds (v)		Mantecada Muffin (v)		Concha (v)			
Frozen Fruit Cup	Apples	Bananas		Oranges		Grapes			
Dried Cranberries	100% Orange Juice	Applesauce Cups		Dried Cranberries		Apple Chips			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk			
20		21		22		23		24	
Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*	
27		28		29		30		12/1	
Variety Cereal + Sunflower Seeds (v)	Banana Chocolate Chunk BeneFit Bar (v)	Variety Cereal + Sunflower Kernels or String Cheese (v)		Mini Yogurt (v) + Cinnamon GoldFish (v)		Double Chocolate Chip Muffin (v)			
Frozen Fruit Cup	Apples	Bananas		HOTM:		Grapes			
Dried Cranberries	100% Orange Juice	Applesauce Cups		Oranges		Apple Chips			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk			

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November 2023 LESD Lunch Menu

MON		TUES		WED		THURS		FRI																					
30		31		11/1		11/2		11/3																					
Chicken Nuggets + Sweet Crackers	Mozzarella Breadsticks with Marinara (v)	Apples	Celery Sticks w/ Ranch	Garden Fresh Tossed Salad	8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Spicy or Regular)	Grilled Cheese (v)	Bananas	Chili Jicama Sticks	Shredded Lettuce & Cheese	8 oz NF or 1% White Milk	Chili Potatoes with Roll	PB&J Sandwich (v)	Oranges	Baby Carrots	Shredded Lettuce & Cheese	8 oz NF or 1% White Milk or NF Chocolate	Bean & Cheese Pupusa (v) with Curtido	Yogurt & Granola (v)	Grapes	Refried Beans & Baby Carrots	Curtido + Pico de Gallo	8 oz NF or 1% White Milk	Pepperoni Pizza Sliders (p)	Cheese Pizza Sliders (v)	Frozen Fruit Cups	Canned Corn	Garden Fresh Tossed Salad	8 oz NF or 1% White Milk or NF Chocolate
6		7		8		9		10																					
Chicken Drumstick & Waffle	Mac & Cheese with Waffle	Apples	Celery Sticks w/ Ranch, Corn	Krypton Kale Salad	8 oz NF or 1% White Milk or NF Chocolate	Grass Fed Beef Burger	Chipotle Black Bean Burger (v)	Bananas	Cucumber Cuties, Baby Carrots	Shredded Lettuce & Cheese	8 oz NF or 1% White Milk	Mandarin Orange Chicken Bowl + Crackers	PB&J Sandwich (v)	HOTM:	Chili Carrot Coins	Mandarin Crunch Salad	8 oz NF or 1% White Milk or NF Chocolate	Tamales: Chicken & Red Sauce + Pinto Beans	Bean & Cheese Burrito (v)	Strawberry Lemonade Ice (Frozen Juice)	Pico de Gallo	Garden Fresh Tossed Salad	8 oz NF or 1% White Milk	Veteran's Day Holiday *School not in session*					
13		14		15		16		17																					
Chicken Nuggets + Sweet Crackers	Mozzarella Breadsticks with Marinara (v)	Apples	Celery Sticks w/ Ranch	Garden Fresh Tossed Salad	8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Spicy or Regular)	Grilled Cheese (v)	Bananas	Chili Jicama Sticks	Shredded Lettuce & Cheese	8 oz NF or 1% White Milk	BBQ Chicken Drumstick + Roll	PB&J Sandwich (v)	Oranges	Baby Carrots	Shredded Lettuce & Cheese	8 oz NF or 1% White Milk or NF Chocolate	Bean & Cheese Pupusa (v) with Curtido	Yogurt & Granola (v)	Grapes	Refried Beans & Baby Carrots	Curtido + Pico de Gallo	8 oz NF or 1% White Milk	Pepperoni Pizza Slice (p) + WG Turkey Shaped Cookie	Cheese Pizza Slice (v) + WG Turkey Shaped Cookie (v)	Frozen Fruit Cups	Canned Corn	Garden Fresh Tossed Salad	8 oz NF or 1% White Milk or NF Chocolate
20		21		22		23		24																					
Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*		Thanksgiving Break *School not in session*					
27		28		29		30		12/1																					
Chicken Drumstick & Waffle	Mac & Cheese with Waffle	Apples	Celery Sticks w/ Ranch	Krypton Kale Salad	8 oz NF or 1% White Milk or NF Chocolate	Grass Fed Beef Burger	Chipotle Black Bean Burger (v)	Bananas	Cucumber Cuties	Shredded Lettuce & Cheese	8 oz NF or 1% White Milk	Mandarin Orange Chicken Bowl + Crackers	PB&J Sandwich (v)	HOTM:	Chili Carrot Coins	Mandarin Crunch Salad	8 oz NF or 1% White Milk or NF Chocolate	Tamales: Chicken & Red Sauce + Pinto Beans	Bean & Cheese Burrito (v)	Grapes	Pico de Gallo	Shredded Lettuce & Cheese	8 oz NF or 1% White Milk	Pepperoni Pizza Sliders (p)	Cheese Pizza Sliders (v)	Frozen Fruit Cups	Canned Corn & Baby Carrots	Garden Fresh Tossed Salad	8 oz NF or 1% White Milk or NF Chocolate

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