




November



**Menu Subject to Change
At ANYTIME**

Arvin Union School District
Breakfast and Lunch Menu
2023

Menu also available on the
AUSD website

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		11-1-23 Pan Dulce WG Applesauce	11-2-23 CoCoa Puffs Cereal WG Fruit Cup	11-3-23 Bagel, Egg And Cheese Sandwich WG Applesauce
Healthy tip- Drink plenty of water- Adequate water intake keeps the body hydrated, helps in the regulation of body temperature, and may even help avoid health problems		Chicken Fajita Bowl Fresh Baby Carrots Frozen Fruit Treat	Chicken Burger Spinach Salad Fresh Fruit	Beef & Cheese Chalupa Pinto Beans Juicy Peaches
11-6-23 Nutri- Grain Bar WG Craisins	11-7-23 Waffles WG Fruit Cup	11-8-23 Cinnamon Roll WG Applesauce	11-9-23 Rice Krispies Cereal Wg Fruit Cup	11-10-23
Bean & Cheese Burrito Fresh baby Carrots Fruit Cup	Chicken & Cheese Quesadilla Refried Beans Fresh Fruit	Posole Shredded Cabbage Lemon Wedges Tortilla Chips 100% Fruit Juice	Cheeseburger Sliders Twister Fries Fresh Fruit	No School Today Say Thank You to a Veteran 
11-13-23 Graham Crackers Wg String Cheese Craisins	11-14-23 Strawberry Cream Cheese stuffed Bagel WG Fruit Cup	11-15-23 Powdered Donut WG Applesauce	11-16-23 Blueberry Chex Cereal WG Fruit Cup	11-17-23 Breakfast Pizza Bagel WG Applesauce
Grilled Cheese Sandwich Fresh baby Carrots Fruit Cup	Beef Taco Stick Refried Beans Fresh Fruit	Turkey & Gravy Mashed Potatoes Sweet Corn Apple Cinnamon Hand Pie	Mini Corn Dogs Pasta Salad Fresh Baby Carrots Fresh Fruit	Pizza Fresh Broccoli & Dip Cookie
11-20-23	11-21-23	11-22-23	11-23-23	11-24-23
No School Today Go for a walk and look for things that begin with different letters of the alphabet	No School Today Move to every room in your home and jump 5 times!	No School Today Get outside and practice your running!!!!	No School Today Hug your family today ! Make sure not miss anyone 😊	No School Today Spread washcloths around the room and jump from one to another
11-27-23 Trix Cereal Bar WG Craisins	11-28-23 Pancakes WG Fruit Cup	11-29-23 Pan Dulce WG Applesauce	11-30-23 Lucky Charms Cereal WG Fruit Cup	
Cheese Nachos Refried Beans Fruit Cup Graham Cracker	Taco Pocket Sweet Corn Raisins	Chili Cheese Dog French Fries Frozen Fruit Treat	Popcorn Chicken Mashed Potatoes Fresh Fruit	In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the bases of race, color, national origin, sex, age, or disability

****Offered daily**

- Breakfast- 100% Fruit Juice and Milk
 - Lunch – Choice of milk
- AUSD is a Proud California Thursday School District
- AUSD does not serve Pork meat in any of our meals

