



**NORWALK - LA MIRADA UNIFIED SCHOOL DISTRICT
PRESCHOOL PROGRAM
November Menu 2024**



Monday	Tuesday	Wednesday	Thursday	Friday	
MENU SUBJECT TO CHANGE					
All Grain Products are Whole-Grain Rich. Nonfat & 1% milk offered at breakfast and lunch.					
BREAKFAST (AM and FD classes)					
Assorted Cereal Bowl Applesauce	Snack n Waffle Strawberries	Mini Muffin & Banana	Bagel w/Cream Cheese & Banana	4oz Yogurt (Columbla, Chávez & Huerta Only) Bean & Cheese Burrito Orange Segments	
Assorted Cereal Bowl Applesauce	Bagel w/Cream Cheese Strawberries	4oz Yogurt (Columbla, Chávez & Huerta Only) Mini pancake Bites Banana	Mini Muffin & Banana	½ Slice Banana Bread Orange Segments	
LUNCH (All classes)					
4	5	6	7	8	
American Cheeseburger	Chicken Tamale & String Cheese	Cheese Pizza Slice	Orange Chicken & Rice	Student Free Day NO SCHOOL	
11	12	13	14	15	
 HAPPY VETERANS DAY NO SCHOOL	Bean & Cheese Burrito	Cheese Pull Aparts w/Marinara	Orange Chicken & Rice	Chicken Smackers	
18	19	20	21	22	
Grilled Cheese	Chicken Tamale & String Cheese	Cheese Pizza Slice	Orange Chicken & Rice	Turkey Taco Nada	
25	26	27	28	29	
HAPPY THANKSGIVING BREAK! NO SCHOOL					
Fruit & Veggie with Lunch					
Canned Peaches Baked Fries	Honey Citrus Fruit Salad Green Salad w/Carrots, Croutons, & Ranch	Fresh Organic Strawberries & Raspberries Cucumber Coins w/Lemon	Apple Slices Jicama Sticks w/Lemon	Organic Cantaloupe & Carrot Sticks w/Ranch	
SNACK (FD and PM classes)					
Wk of 11/4*, 9/23	Blueberry Yogurt Smoothie+	Heartzels Pretzels & Paradise Punch 100% Veggie Juice	Goldfish Crackers & Applesauce	Educational Snacks & Fresh Strawberries	Cereal Bowl Milk
Wk of 11/11*	Cinn Teddy's & Milk	½ Turkey & Cheese Sandwich	Cheez-It Crackers & Applesauce	Berry Yogurt Parfait+	Educational Snacks & Milk
		EXTENDED	LEARNING	SNACK	
Wk of 11/4*, 11/18	Cinnamon Teddy's & Milk	½ Turkey & Cheese Wrap+	Fruit & Yogurt Parfait+	Cheez-It Crackers & Paradise Punch	Blueberry Yogurt Smoothie+
Wk of 11/11*	Pretzels & Paradise Punch	½ Turkey & Cheese Wrap+	Mini-Muffin & Milk	Educational Snacks & Apple Slices	Cereal Bowl & Milk

* Short week + Freshly-Made

Updated 8/26/2024

This institution is an equal opportunity provider