



ALUM ROCK UNION SCHOOL DISTRICT K-5 ELEMENTARY NOVEMBER 2024

**TO MAKE A
BREAKFAST:**
Must take an entree
& 1/2 cup of fruit or
juice!

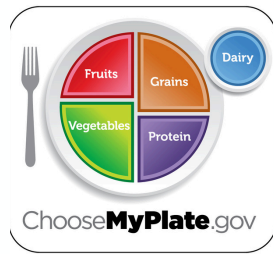
**ALL MEALS ARE
AT NO COST TO
ALL STUDENTS!**

MENU KEY:
(V) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey
(F) Fruit
(S) Seafood

**WHAT MAKES A
COMPLETE
LUNCH?**
Choose at least 3
different food
components
&
one must be 1/2 cup
of fruit and/or
vegetable!



MON TUE WED THU FRI



NOV 1
**NON-STUDENT
DAY**

NOV 4
Pan Dulce Choc
Concha (V) ****
Pepp Pizza Sliders
(P,B)
Grilled Cheese (V)

NOV 5
Cinni Mini (V) ****
Mac N Cheese Bowl
w/ Roll (V)
Chicken Cheese
Quesadilla (C)

NOV 6
Cinn Swirl (V) ****
Beef Taco Stick (B)
Buffalo Chicken and
Fries (C)

NOV 7
French Toast Sticks
(V) ****
Corn Dog (C)
Pizza Crunchers (V)

NOV 8
Bagel Cream Cheese (V) ****
Penne Pasta w/Veg
Marinara (V)
Hamburger on Brioche
Bun (B)

NOV 11


NOV 12
Choc Chip Muffin (V) ****
American Burger (B)
Chicken Cheese
Tamale (C)

NOV 13
Mini Glazed Bites (V) ****
Nuggets and Fries
w/Roll (C)
Mucho Queso
Jalapeno Dip w/Chips
(V)

NOV 14
Froot Loop Waffles
(V) ****
Chicken Fried Rice
Bowl (C)
Drumstick w/Roll (C)

NOV 15
Mini Strawberry Cream
Cheese Bagel (V) ****
Hot Dog w/ Brioche
Bun (B)
Pull Apart Pillows (V)

NOV 18
Pan Dulce Vanilla
Concha (V) ****
Rotini w/Beef Sauce
(B)
Pepp Stuffed
Sandwich (T)

NOV 19
Cinn Bun Glazed (V) ****
Cheeseburger
Sliders (B)
Beef N Cheese Taco
Crispups (B)

NOV 20
Sweet Pot/Choc
Muffin (V) ****
Double Dog (B)
Chicken Sandwich on
Brioche Bun (C)

NOV 21
Confetti Pancakes (V) ****
Teriyaki Rice Bowl (C)
Puposas Bean &
Cheese (V)

NOV 22
Maple Swt Pot
Pancakes (V) ****
Cheese Pizza Rippers
(V)
Mini Corn Dogs & Criss
Cross Fries w/Roll (C)

NOV 25-29 THANKSGIVING BREAK STUDENTS NOT IN ATTENDANCE

Happy THANKSGIVING

* MENU SUBJECT TO CHANGE WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



ALUM ROCK UNION SCHOOL DISTRICT K-5 ELEMENTARY NOVEMBER 2024

SHOWCASING RUSSO MCENTEE'S KITCHEN
THIS MONTH- SEE WHAT A DELICIOUS SALAD
BAR OUR STAFF HAS PREPARED FOR THE
STUDENTS!

HARVEST OF THE MONTH



This month we are offering **Red Kiwi's**. The red kiwi fruit is rich in soluble dietary fiber. They offer a significant amount of vitamin C as well as some potassium and folate. This unique fruit has a cranberry-red flesh and berry-like flavors.



Arugula is a peppery, distinctive-tasting green. It is high in nutrients like, calcium, potassium and folate. You can add arugula to other types of lettuce and herbs or topping on pizza, nachos, sandwiches and wraps.



SALAD BAR OPTIONS

Baby Carrots (V)	Mandarins (F)	Bell Peppers (V)	Jicama (V)
Iceberg Lettuce (V)	Bananas (F)	Kidney Beans (V)	Plums (F)
Garbanzo Beans (V)	Persimmons (F)	Salad Greens (V)	Apples (F)
Broccoli Salad (V)	Grapes (F)	Celery (V)	
Canned Corn (V)	Salad Dressing:	Cucumbers (V)	
Shredded Beets (V)	Homemade Ranch/Chipotle	Avocado and Cucumber Salad (V)	



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