



November Elementary Lunch



Students must take 3 of the 5 components offered and a minimum of a half cup of fruit and/or vegetable.

All meals are served with 1% white milk or non-fat chocolate milk.

Fr	Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	

Monday	Tuesday	Wednesday	Thursday	Friday
<p>OFFERED DAILY: Hummus & Crackers</p>				<p>1 Mini Corn Dogs © <i>Super Minimum Day</i></p>
<p>4 Cheese Pizza Beef Burrito (B) With Salsa</p>	<p>5 Chicken Tamale (C) Rotini with Meat Sauce (B)</p>	<p>6 Cheese Enchiladas Teriyaki Dunkers (B) with Fried Rice</p>	<p>7 Popcorn Chicken (C) with Crackers Mini Cheeseburger(B)</p>	<p>8 Chicken Patty on a Bun (C) Mozzarella Bites</p>
<p>11 NO SCHOOL </p>	<p>12 Cheese-Stuffed Bread Sticks with Marinara Cup Taco Pocket (T) with Salsa</p>	<p>13 Teriyaki Chicken (C) over Brown Rice Bean & Cheese Burrito</p>	<p>14 Pepperoni Pizza (T,B) Turkey & Gravy (T) with Mashed Potatoes</p>	<p>15 Bean & Cheese Dip with Tortilla Chips Chicken Tenders (C) with Crackers <i>Big Spoon Fruit Sorbet</i></p>
<p>18 Chicken Drumstick (C) with a Waffle Black Bean Empanada</p>	<p>19 Grilled Cheese Sandwich Hamburger (B) on a Bun</p>	<p>20 Yogurt, Muffin and String Cheese Three Bean Chili with Cornbread</p>	<p>21 Chicken Nuggets (C) with Crackers Pork Ribbq Sandwich (P)</p>	<p>22 Mac & Cheese Mini Corn Dogs (C) <i>Giving Thanks Apple Pie Ice Cup</i></p>
<p>25 </p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29 </p>

Thanksgiving Break: November 25 - 29

Menu Subject to Change Based on Product Availability

One lunch is NO COST for all students
Lunch includes an entrée, one trip to the garden bar and milk

Birthday cups and holiday cups this month!

PLEASE NOTE: FCUSD Food Services requests that eligible families complete a school meals application on-line. Please visit the Food Services Dept website via the FCUSD home page for the online application, federal income eligibility guidelines, application instructions and Frequently Asked Questions: www.fcusd.org (On the FCUSD home page, click on Food & Nutrition.)