Bridges & Sylvandale November Menu

Monday 11/2	Tuesday 11/3	Wednesday 11/4	Thursday 11/5	Friday 11/6
Breakfast WG Cinnamon Bun WG Breakfast Pizza	Breakfast Low Fat Yogurt Parfait WG Pancake Turkey Sausage Wrap	Breakfast WG Fresh Muffin WG Waffles	Breakfast Scrambled Eggs with Tater Tots WG Pancake	Breakfast WG Turkey Sausage Breakfast Sandwich WG French Toast Sticks
WG Bagel with Cream Cheese and WG Assorted Cereal with Graham Cracker offered daily at Breakfast				
Lunch WG Orange Chicken with Brown Rice WG Cheese Stuffed Breadsticks (V) Chef's Salad with WG Roll WG Turkey & Cheese Sandwich	Lunch WG Chicken Corn Dog Bean and Cheese Pupusa (V) Chicken Caesar Salad with WG Roll WG Turkeyham & Cheese Sandwich	Lunch WG Chicken Tenders WG Mac & Cheese (V) Asian Chicken Sald with WG Roll WG Turkey Bacon, Turkeyham & Cheese Sandwich	Lunch WG Cheeseburger Black Bean Burger (V) Beef Taco Salad WG Chicken Salad Sandwich	Lunch WG Pepperoni or Cheese Pizza WG Bean and Cheese Burrito (V) WG Crispy Chicken Salad with WG Roll WG Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese
Monday 11/9	**Tuesday 11/10**	**Wednesday 11/11**	**Thursday 11/12**	**Friday 11/13**
Breakfast WG Cinnamon Bun WG Breakfast Pizza	Breakfast Low Fat Yogurt Parfait WG Pancake Turkey Sausage Wrap		Breakfast Scrambled Eggs with Tater Tots WG Pancake	Breakfast WG Turkey Sausage Breakfast Sandwich WG French Toast Sticks
WG Bagel with Cream Cheese and WG Assorted Cereal with Graham Cracker offered daily at Breakfast				
Lunch WG Plain or Spicy Chicken Burger Green Chile and Cheese Tamale (V) Chef's Salad with WG Roll WG Turkey & Cheese Sandwich	Lunch Beef Tacos WG Bean and Cheese Enchilada (V) Chicken Caesar Salad with WG Roll WG Turkeyham & Cheese Sandwich		Lunch WG Beef or Turkey Hot Dog WG Cheese Stuffed Breadstick (V) Beef Taco Salad WG Chicken Salad Sandwich	Lunch WG Alfredo Pasta WG BBQ Chicken Pizza WG Crispy Chicken Salad with WG Roll WG Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese
Legend: WG means Whole Grain and V means Vegetarian				

Fresh Fruit and Vegetables Offered Daily!

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Preparing All Children as Global Learners

This institution is an equal opportunity provider.

Monday 11/16	Tuesday 11/17	Wednesday 11/18	Thursday 11/19	Friday 11/20
Breakfast WG Cinnamon Bun WG Breakfast Pizza	Breakfast Low Fat Yogurt Parfait WG Pancake Turkey Sausage Wrap	Breakfast WG Fresh Muffin WG Waffles	Breakfast Scrambled Eggs with Tater Tots WG Pancake	Breakfast WG Turkey Sausage Breakfast Sandwich WG French Toast Sticks
WG Bagel with Cream Cheese and WG Assorted Cereal with Graham Cracker offered daily at Breakfast				
Lunch WG Orange Chicken with Brown Rice WG Cheese Stuffed Breadsticks (V) Chef's Salad with WG Roll WG Turkey & Cheese Sandwich	Lunch WG Chicken Corn Dog Bean and Cheese Pupusa (V) Chicken Caesar Salad with WG Roll WG Turkeyham & Cheese Sandwich	Lunch WG Chicken Tenders WG Mac & Cheese (V) Asian Chicken Sald with WG Roll WG Turkey Bacon, Turkeyham & Cheese Sandwich	Lunch WG Cheeseburger Black Bean Burger (V) Beef Taco Salad WG Chicken Salad Sandwich	Lunch WG Pepperoni or Cheese Pizza WG Bean and Cheese Burrito (V) WG Crispy Chicken Salad with WG Roll WG Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese
Monday 11/23	**Tuesday 11/24**	**Wednesday 11/25**	**Thursday 11/26**	**Friday 11/27**
NO SCHOOL				

Monday 11/30				
Breakfast WG Cinnamon Bun WG Breakfast Pizza				
WG Bagel with Cream Cheese and WG Assorted Cereal with Graham Cracker offered daily at Breakfast				
Lunch WG Orange Chicken with Brown Rice WG Cheese Stuffed Breadsticks (V) Chef's Salad with WG Roll WG Turkey & Cheese Sandwich				
Legend: WG means Whole Grain and V means Vegetarian				

Fresh Fruit and Vegetables Offered Daily!

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