

# November 2019

## CUBA



Your school cafeteria is managed by Canteen. We are an equal opportunity employer.



**School Information:** Breakfast is served with fresh fruit daily. All lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products, which are baked daily.



**Nutrition Tip:** Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**FRENCH TOAST STICKS** 4  
**TERIYAKI CHICKEN BOWL**  
 ORIENTAL VEGETABLES  
 MANDARIN ORANGES  
**EGG ROLLS**  
 BROWN RICE

**PEANUT BUTTER & JELLY** 5  
**PIZZA**  
 CARROT STICKS  
 SIDEKICKS

**NUTRIGRAIN BAR & YOGURT** 6  
**HAMBURGER ON A BUN**  
 SIDEWINDERS  
 PINEAPPLE CHUNKS  
**BEEF TAQUITOS**

**OATMEAL & TOAST** 7  
**BEEF ENCHILADAS (RED)**  
 PINTO BEANS  
 APRICOTS  
**POPCORN CHICKEN**  
 DINNER ROLL

**CRUMBLE CAKE** 1  
**CHEESE QUESADILLA**  
 PINTO BEANS  
 APPLESAUCE  
**HAM AND CHEESE WRAP**

**CHEESE OMELET** 8  
 ENGLISH MUFFIN  
**CORN DOG**  
 BROCCOLI  
 PEACHES  
**MACARONI AND CHEESE**  
 POPPED CRISPS

**11**

**BREAKFAST PIZZA** 12  
**CHICKEN NUGGETS**  
 CARROTS  
 PEARS  
**STEAK FINGERS**  
 DINNER ROLL

**COLD CEREAL / TOAST** 13  
**CHILE CHEESE DOG**  
 PEACHES  
 CORN  
**FRITO PIE**  
 LEMON DINOS

**MUFFINS ASSORTED** 14  
**SLICED TURKEY**  
 WHIPPED POTATOES  
 CORNBREAD DRESSING  
 GREEN BEANS  
 DINNER ROLL  
 FRUIT SALAD / PUMPKIN CAKE

**PANCAKE WRAP** 15  
**PIZZA**  
 BROCCOLI  
 PINEAPPLE CHUNKS

**BISCUIT & SAUSAGE SANDWICH** 18  
**CHICKEN PATTIE ON A BUN**  
 BROCCOLI  
 APRICOTS  
**BBQ RIBETTE**

**CHEESE QUESADILLA** 19  
**GREEN CHILE TORTILLA BURGER**  
 PINTO BEANS  
 PEARS  
**CHEESEBURGER**

**BISCUIT & SAUSAGE SANDWICH** 20  
**CHEESE RAVIOLI**  
 MARINARA SAUCE / MIXED FRUIT  
 CARROTS  
**CHICKEN ALFREDO**  
 BREADSTICK

**MINI PANCAKE EGGO BITES** 21  
**MACARONI AND CHEESE**  
 MIXED VEGETABLES  
 CANTALOUPE  
**FISH NUGGETS**  
 DINNER ROLL

**POP TART / STRING CHEESE** 22  
**MAX CHEESE STICKS**  
 WHIPPED POTATOES  
 PEACHES  
**CHICKEN DRUMSTICKS**  
 DINNER ROLL

**PANCAKES** 25  
**PHILLY STEAK SANDWICH**  
 CARROTS  
 APPLESAUCE  
**CHICKEN STICKS**  
 DINNER ROLL

**BISCUITS & GRAVY** 26  
 SAUSAGE PATTIE  
**PIZZA**  
 BROCCOLI  
 FRESH FRUIT  
 SUGAR COOKIES

**27**

**28**

**29**