



NOVEMBER

River Springs 9-12

			<p>10/31</p> <p>Breakfast RICE CHEX, Strawberry Breakfast Square Fresh Fruit Orange Tangerine Juice</p> <p>Lunch CHILI NACHO COMBO CRISPY CHICKEN DRUMSTICK ^ CHILI NACHO COMBO # Southwestern Corn, Jalapenos, Corn Muffin ^ Apple Slices, Grape Juice</p>	<p>1</p> <p>Breakfast MOZZERELLA STRING CHEESE Peach Loaf ^ Fresh Apple</p> <p>Lunch POPCORN CHICKEN ^ OR PEPPERONI PIZZA ^ FISH STICKS & FRIES # Jalapenos Romaine Lettuce, Cucumber Coins, Croutons ^ Pineapple Tidbits, Orange Tangerine Juice</p>
<p>10/29</p> <p>Breakfast RASPBERRY YOGURT & Cinnamon Granola ^ Cherry Craisins Orange Tangerine Juice</p> <p>Lunch CHICKEN & GREEN CHILE TAMALE OR CHEESEBURGER & BUN ^ OR CHEESE & GREEN CHILE TAMALE # Whole Kernel Corn, Fresh Bell Pepper Slices Diced Pears, Apple Juice</p>	<p>10/30</p> <p>Breakfast MOZZERELLA STRING CHEESE Lemon Loaf ^ Strawberry Kiwi Juice, Fruit Cup</p> <p>Lunch SPAGHETTI & MEATBALLS ^ w/(IW) Breadstick ^OR SPAGHETTI & MEATBALLS # ^ w/(IW) Breadstick ^OR BBQ CHICKEN & BUN ^ Fresh Zucchini, Green Beans Orange Tangerine Juice, Mixed Fruit Cup</p>	<p>10/31</p> <p>Breakfast Blueberry Crumble ^ Graham Crackers ^ Fresh Apple</p> <p>Lunch ORANGE CHICKEN W/ BROCCOLI OR CHEESE LASAGNA W/ TOMATO SAUCE OR ORANGE CHICKEN W/ BROCCOLI # Garden Vegetable Pineapple Tidbits, Fresh Fruit, Vanilla Cookie^</p>	<p>10/31</p> <p>Breakfast FRUITY CHEERIOS ^ Animal Crackers^ Fresh Pear, Blended Fruit Juice</p> <p>Lunch BEEF & CHICKEN TOSTADA ^ OR BEAN & CHEESE PUPUSA # Jalapenos, Fiesta Beans, Diced Carrots Apple Slices, Grape Juice Sun Chips^ Honey Roasted Sunflower Seeds</p>	<p>10/31</p> <p>Breakfast CINNAMON TOAST CRUNCH ^ Blueberry Muffin, Fresh Apple</p> <p>Lunch CHICKEN SANDWICH w/BUN ^ OR TURKEY CORN DOG MONTEREY VEGGIE BURGER w/BUN^ # Country Blend Vegetables, Fresh Celery Sticks Fresh Fruit, Diced Peaches</p>
<p>12</p> <p style="text-align: center;">Veteran's Day</p> <p>No School</p> 	<p>12</p> <p style="text-align: center;">Non-Student Day</p>	<p>12</p> <p>Breakfast BAGEL & CREAM CHEESE ^ Fresh Apple</p> <p>Lunch PEPPERONI FLATBREAD ^ OR GENERAL TSO'S CHICKEN W/ NOODLES^ OR CHEESE FLATBREAD ^# Fresh Cauliflower Florets Maple Carrots, Fresh Broccoli Florets Strawberry Kiwi Juice, Fresh Fruit, Sun Chips</p>	<p>12</p> <p>Breakfast VANILLA YOGURT Cinnamon Granola ^ Fresh Orange, Applesauce Cup</p> <p>Lunch CRISPY CHICKEN DRUMSTICK ^ OR SALISBURY STEAK w/ MASHED POTATOES # Corn Muffin ^, (IW) Burger Bun ^ French Fries, Green Beans Mixed Fruit Cup, Fresh Fruit</p>	<p>12</p> <p>Breakfast APPLE CINNAMON CHEERIOS ^ Graham Crackers ^ Fresh Apple</p> <p>Lunch FRENCH TOAST STICKS w/ SAUSAGE ^ OR FRENCH TOAST STICKS w/ EGGS # ^ OR CHICKEN ALFREDO PASTA ^ Mango Wango Juice, Baby Carrots Fresh Fruit, Diced Peaches</p>
<p>19</p>	<p>20</p>	<p>20</p>	<p>21</p>	<p>23</p>
<p>Thanksgiving Break</p>				
<p>26</p> <p>Breakfast CHOCOLATE CHIP COFFEE CAKE ^ Strawberry Breakfast Square, Applesauce Cup, Mixed Fruit Cup</p> <p>Lunch CORN DOG OR CHICKEN & GREEN CHILE TAMALE OR VEGGIE NUGGETS # Corn, Fresh Jicama Sticks, Mixed Fruit Cup Strawberry Kiwi Juice</p>	<p>26</p> <p>Breakfast STRAWBERRY YOGURT & Granola ^ Diced Peaches Orange Tangerine Juice</p> <p>Lunch CHICKEN QUESO BURRITO ^ OR BEAN & CHEESE BURRITO ^ # OR BUILD YOUR OWN TACO w/ (IW) Soft Tortilla ^ Refried Beans, Salsa Cup, Jalapenos Applesauce Cup, Fresh Fruit</p>	<p>27</p> <p>Breakfast MOZZERELLA STRING CHEESE Lemon Loaf Fresh Fruit</p> <p>Lunch SALISBURY STEAK w/ MASHED POTATOES OR SALISBURY STEAK # OR CHICKEN SANDWICH w/ BUN ^ Country Blend Vegetables, Fresh Bell Pepper Slices, Fresh Fruit, Pineapple Tidbits</p>	<p>28</p> <p>Breakfast BAGEL ^ & CREAM CHEESE Fresh Fruit Mixed Fruit Cup</p> <p>Lunch GEN TSO'S CHICKEN & NOODLES ^ (& available Vegan) OR SPAGHETTI ^ & MEATBALLS Diced Carrots Fresh Fruit Sun Chips</p>	<p>29</p> <p>Breakfast FROSTED CORN FLAKES Vanilla Breakfast Square, Fresh Fruit</p> <p>Lunch PIZZA DIPPERS^ # w/ Marinara Dipping Sauce OR ORANGE CHICKEN w/ Broccoli (IW) Breadstick^ , Snickerdoodle Cookie Fresh Baby Spinach w/ Light Ranch Dressing Diced Peaches, Fresh Fruit</p>
<p>** ^ DENOTES ITEM IS WHOLE GRAIN OR WHOLE WHEAT ** # DENOTES ITEM IS VEGETARIAN</p>				
<p>*MENU SUBJECT TO CHANGE **ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND CHOICE OF 1% OR 0% WHITE MILK ***WE ARE AN EQUAL OPPORTUNITY PROVIDER</p>				