

## Hemet Learning Center K-12

Breakfast & Lunch Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				November 1, 2019
				Breakfast
				CHEERIOS Maple Breakfast Square
				Grape Juice
				Applesauce Cup
				Milk
				Lunch
				DELI SUB SANDWICH ^
				Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW)
				Light French Dressing
				Diced Peaches
				Mustard Milk
November 4, 2019	November 5, 2019	November 6, 2019	November 7, 2019	November 8, 2019
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
FRUITY CHEERIOS	APPLE CINNAMON CHEERIOS	FROSTED CORN FLAKES	COCOA PUFFS	CINNAMON CHEX
Maple Breakfast Square	Vanilla Breakfast Square	Animal Graham Crackers	Strawberry Square	Graham Crackers
Orange Tangerine Juice Craisins	Blended Fruit Juice Peach Cup	Strawberry-Kiwi Juice Craisins	Grape Juice Applesauce Cup	Orange-Tangerine Juice Peach Cup
Milk	Milk	Milk	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch
TURKEY BOLOGNA SANDWICH <sup>^</sup> Fresh Chopped Romaine (IW)	TURKEY HAM & CHEESE SANDWICH ^	DELI SUB SANDWICH ^ Sun Splash Veggie Juice	STRAWBERRY YOGURT String Cheese	TURKEY & CHEESE SANDWICH ^ Hummus Cup
Fresh Broccoli Florets (IW)	Italian Corn Salad	Baby Carrots	Tropical Veggie Juice	Baby Carrots
Fresh Banana* Light Ranch Dressing & Mustard	Pineapple Tidbits Mustard	Applesauce Cup Light Ranch Dressing & Mustard	Fresh Orange* Corn Muffin	Fresh Pear* Mustard
Milk	Milk	Milk	Milk	Milk
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 2019
reterans		Breakfast TRIX CEREAL	Breakfast CINNAMON TOAST CRUNCH	Breakfast CHEERIOS
		Graham Crackers	Strawberry Square	Maple Breakfast Square
day		Strawberry-Kiwi Juice	Blended Fruit Juice	Grape Juice
1	0	Craisins Milk	SS Peach Cup Milk	Applesauce Cup Milk
40	<b>(</b> )	Lunch	Lunch	Lunch
		TURKEY BOLOGNA	TURKEY HAM & CHEESE	DELI SUB SANDWICH ^
		Hummus Cup Baby Carrots	Baby Carrots	Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW)
	1'V16)6)1.	Orange Juice	Sun Splash Veggie Juice Fresh Apple Slices	Diced Peaches
		Mustard	Light Ranch Dressing & Mustard	Light Ranch Dressing & Mustard
0 00		Milk	Milk	Milk
November 18, 2019 Breakfast	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 2019
FRUITY CHEERIOS	Breakfast APPLE CINNAMON CHEERIOS	Breakfast FROSTED CORN FLAKES	Breakfast COCOA PUFFS	Breakfast CINNAMON CHEX
Maple Breakfast Square	Vanilla Breakfast Square	Animal Graham Crackers	Strawberry Square	Graham Crackers
Orange Tangerine Juice	Blended Fruit Juice	Strawberry-Kiwi Juice	Grape Juice	Orange-Tangerine Juice
Craisins Milk	Peach Cup Milk	Craisins Milk	Applesauce Cup Milk	Peach Cup Milk
Lunch	Lunch	Lunch	Lunch	Lunch
TURKEY BOLOGNA SANDWICHA	TURKEY HAM & CHEESE	DELI SUB SANDWICH ^	STRAWBERRY YOGURT	TURKEY & CHEESE SANDWICH ^
Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW)	SANDWICH ^ Italian Corn Salad	Sun Splash Veggie Juice Baby Carrots	String Cheese Tropical Veggie Juice	Hummus Cup Baby Carrots
Fresh Banana*	Pineapple Tidbits	Applesauce Cup	Fresh Orange*	Fresh Pear*
Light Ranch Dressing & Mustard	Mustard	Light Ranch Dressing & Mustard Milk	Corn Muffin Milk	Mustard Milk
Milk November 25, 2019	Milk November 26, 2019	November 27, 2019	November 28, 2019	November 29, 2019
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ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE MILK
^ Denotes item is whole-grain/whole wheat.\*This menu is free of peanuts, tree nuts, fish, and shellfish.
\*\*\* This institution is an equal opportunity provider.

\* MENU SUBJECT TO CHANGE \*\*