

Elementary Menu

November 1 - December 3, 2021

Fontana Unified School District K-6



**MEALS ARE
FREE**

**FOR ALL ELEMENTARY
STUDENTS EVERY
SCHOOL DAY.
(Just thought we'd remind you.)**

AVAILABLE DAILY

Daily Breakfast Options

Assorted Cereal & String Cheese*
Seasonal Fruit Basket
1% White or Non-Fat Chocolate Milk

Daily Lunch Options

Bar, Yogurt, & String Cheese*
Seasonal Fruit Basket
Seasonal Veggie Variety
1% White or Non-Fat Chocolate Milk
Condiments
*Vegetarian Option
**Contains Pork

Monday, November 1	Tuesday, November 2	Wednesday, November 3	Thursday, November 4	Friday, November 5
<p><u>Breakfast</u> Double Chocolate Muffin* Or Daily Entrée</p> <p><u>Lunch</u> Mac'n Cheese* Or Turkey & Cheese Sandwich Or Daily Entrée*</p>	<p><u>Breakfast</u> Chicken Sausage Pancake Sandwich Or Daily Entrée</p> <p><u>Lunch</u> Orange Chicken Rice Bowl Or Bean & Cheese Burrito* Or Daily Entrée*</p>	<p><u>Breakfast</u> Pan Dulce* Or Daily Entrée</p> <p><u>Lunch</u> Beef Tamale Or Chicken Taquitos w/ Refried Beans Or Daily Entrée*</p>	<p><u>Breakfast</u> Breakfast Square w/ Turkey Sausage Or Daily Entrée</p> <p><u>Lunch</u> Turkey & Gravy w/ Mashed Potatoes & Dinner Roll Or PB&J Uncrustable w/ Honey Grahams* Or Daily Entrée*</p>	<p><u>Breakfast</u> Buttermilk Twin Bars* Or Daily Entrée</p> <p><u>Lunch</u> 100% All-Beef Cheeseburger Or Cheesy Garlic French Bread* Or Daily Entrée*</p>
Monday, November 8	Tuesday, November 9	Wednesday, November 10	Thursday, November 11	Friday, November 12
<p><u>Breakfast</u> Double Chocolate Muffin* Or Daily Entrée</p> <p><u>Lunch</u> "Breakfast 4 Lunch" French Toast & Sausage Patties** Or Turkey & Cheese Sandwich Or Daily Entrée*</p>	<p><u>Breakfast</u> Chicken Sausage Pancake Sandwich Or Daily Entrée</p> <p><u>Lunch</u> Chicken Nuggets Or Bean & Cheese Burrito* Or Daily Entrée*</p>	<p><u>Breakfast</u> Pan Dulce* Or Daily Entrée</p> <p><u>Lunch</u> Galaxy Pepperoni Pizza Or Chicken Taquitos w/ Refried Beans Or Daily Entrée*</p>	<p>Veteran's Day Holiday</p>	<p><u>Breakfast</u> Buttermilk Twin Bars* Or Daily Entrée</p> <p><u>Lunch</u> Chicken Sandwich Or Cheesy Garlic French Bread* Or Daily Entrée*</p>

This institution is an equal opportunity provider
and employer.
Menus are subject to change without notice.

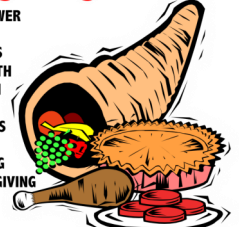
Monday, November 15	Tuesday, November 16	Wednesday, November 17	Thursday, November 18	Friday, November 19
<p>Breakfast Double Chocolate Muffin* Or Daily Entrée*</p> <p>Lunch Mac'n Cheese* Or Turkey & Cheese Sandwich Or Daily Entrée*</p>	<p>Breakfast Chicken Sausage Pancake Sandwich Or Daily Entrée*</p> <p>Lunch Orange Chicken Rice Bowl Or Bean & Cheese Burrito* Or Daily Entrée*</p>	<p>Breakfast Pan Dulce* Or Daily Entrée*</p> <p>Lunch Beef Tamale Or Chicken Taquitos w/ Refried Beans Or Daily Entrée*</p>	<p>Breakfast Breakfast Square w/ Turkey Sausage Or Daily Entrée*</p> <p>Lunch Turkey & Gravy w/ Mashed Potatoes & Dinner Roll Or PB&J Uncrustable w/ Honey Grahams* Or Daily Entrée*</p>	<p>Chef's Choice</p>
Monday, November 22	Tuesday, November 23	Wednesday, November 24	Thursday, November 25	Friday, November 26
<p>Fall Break</p>	<p>Fall Break</p>	<p>Fall Break</p>	<p>Fall Break</p>	<p>Fall Break</p>
Monday, November 29	Tuesday, November 30	Wednesday, December 1	Thursday, December 2	Friday, December 3
<p>Breakfast Double Chocolate Muffin* Or Daily Entrée*</p> <p>Lunch "Breakfast 4 Lunch" French Toast & Sausage Patties** Or Turkey & Cheese Sandwich Or Daily Entrée*</p>	<p>Breakfast Chicken Sausage Pancake Sandwich Or Daily Entrée*</p> <p>Lunch Chicken Nuggets Or Bean & Cheese Burrito* Or Daily Entrée*</p>	<p>Breakfast Pan Dulce* Or Daily Entrée*</p> <p>Lunch Galaxy Pepperoni Pizza Or Chicken Taquitos w/ Refried Beans Or Daily Entrée*</p>	<p>Breakfast Breakfast Square w/ Turkey Sausage Or Daily Entrée*</p> <p>Lunch Beef Lasagna w/ Garlic Toast Or PB&J Uncrustable w/ Honey Grahams* Or Daily Entrée*</p>	<p>Breakfast Buttermilk Twin Bars* Or Daily Entrée*</p> <p>Lunch Chicken Sandwich Or Cheesy Garlic French Bread* Or Daily Entrée*</p>



Find the two dozen Thanksgiving words!

AMERICA
COLONY
COOK
CORN
ENGLAND
FALL
FAMILY
FEAST
FREEDOM
GRAVY
HARVEST
MAIZE

MAYFLOWER
PIE
PILGRIMS
PLYMOUTH
PUMPKIN
SAIL
SETTLERS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



S M K E Y D E Z I A M C N N
P U M P K I N G G K A O G Z
M C M R G L G M C O L O N Y
O M O C R H L F F T T K I X
B I D S Q U A S H S E D V P
A S E C O R N M A E A D I I
J E E I P A D E E V G W G L
E N R T I L F M Y R N J S G
O O F M T K Y E S A I L K R
O C D R G L K M E H F C N I
L I I P I R E W O L F Y M
B S G M U L A R B U U W H S
Z F A T P O D V S I T U T A
J F A L L S M A Y H S H Z B

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

