

NOVEMBER BREAKFAST

Mark West Union School District



Monday	Tuesday	Wednesday	Thursday	Friday
28 French Toast w/ Syrup (V) Double Chocolate Muffin ←←← National Chocolate Day Cheerios Cereal	29 Breakfast Burrito (V) Mantecada Muffin Froot Loops Cereal	30 Yogurt Parfait w/ Granola Apple Jacks Cereal Pancake Sausage Sandwich	31 Orange Concha ←←← Seasonal Cinnamon Chex Cereal Egg & Cheese Sandwich (V)	1 Cinnamon Roll Froot Loops Cereal Egg & Cheese Empanada (V)
4 Cinnamon Crumble Froot Loops Cereal Egg & Cheese Sandwich (V)	5 Pancakes w/ Syrup (V) Yogurt Cup & Granola Cinnamon Chex Cereal	6 Egg Scramble w/ Potatoes Banana Bread Cheerios Cereal	7 Cinnamon Oatmeal Round Cinnamon Chex Cereal Breakfast Burrito (V)	8 Waffle w/ Syrup Conchita & String Cheese Apple Jacks Cereal
11 Veteran's Day NO SCHOOL	12 Mantecada Muffin Froot Loops Cereal Breakfast Tamale	13 Yogurt Parfait w/ Granola Apple Jacks Cereal Pancake Sausage Sandwich	14 Chocolate Chip Muffin Top Cinnamon Chex Cereal Egg & Cheese Sandwich (V)	15 Sausage Stuffed Waffles ←← NEW Cinnamon Roll Cheerios Cereal
18 Egg & Cheese Sandwich (V) Cinnamon Crumble Froot Loops Cereal	19 Mango Pineapple Smoothie w/ Granola ←←← NEW Cinnamon Chex Cereal Pancakes w/ Syrup (V)	20 Banana Bread Cheerios Cereal Egg Scramble w/ Potatoes	21 Sunrise Muffin ←←← Seasonal Froot Loops Breakfast Burrito (V)	22 Waffle w/ Syrup Conchita & String Cheese Apple Jacks Cereal
25 THANKSGIVING BREAK - NO SCHOOL NOV 25-29	26	27	28 	29
Breakfast Includes: Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams	Featured Fruit: Whole Apples, Sliced Apples, Bananas, Cranberries, Oranges, Pears, Tangerines, 100% Juice 		RevUp Rewards: Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards 	

NOVEMBER LUNCH

Mark West Union School District



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
Crispy Chicken Sandwich & Fries Cheeseburger & Fries Turkey & Cheese Torta	Hummus, Flatbread & Egg Kit (V) Lasagna (V) Breakfast for Lunch w/ Potatoes Turkey & Cheese Sub	Bean & Cheese Pupusa w/ Curtido (V) Sesame Beef Bowl w/ Rice & Broccoli Chicken Salad Sandwich "P" B & J Sandwich Kit (V)	Veggie Chef Salad w/ Egg (V) Turkey Nachos w/ Refried Beans Chicken Tamale w/ Beans Turkey & Cheese Cracker Kit Pumpkin Cookie ←←←Seasonal	Pepperoni Pizza Beef & Cheese Taco Stick Egg Salad Sandwich (V)
4	5	6	7	8
Hot Dog & Fries Hamburger & Fries Turkey Knot Sandwich	Pasta w/ Meat Sauce Sweet Chili Meatballs w/ Rice * Spicy! Italian Trio on Cheesy Focaccia Cheese Pizza Kit (V)	Teriyaki Chicken w/ Noodles Mac & Cheese (V) Mexican Chicken Salad w/ Chips Turkey & Cheese Cracker Kit	Queso Blanco Chicken Bowl BBQ Chicken w/ Baked Beans & Roll Southwest Chicken Salad w/ Roll Bean & Cheese Pizza Kit (V)	Cheese Pizza (V) Beef & Cheese Burrito Soy Butter Sandwich (V)
11	12	13	14	15
Veteran's Day NO SCHOOL	Breakfast for Lunch w/ Potatoes Orange Chicken w/ Rice & Broccoli Turkey & Cheese Sub Hummus, Flatbread & Egg Kit (V)	Turkey Holiday Meal ←←←Seasonal Chicken Bites w/ Mashed Potatoes "P" B & J Sandwich Kit (V) Chicken Caesar Salad w/ Croutons	Chicken Tamale w/ Beans Turkey Nachos w/ Refried Beans Veggie Chef Salad w/ Egg Turkey & Cheese Cracker Kit	Grilled Cheese (V) Pepperoni Pizza Egg Salad Sandwich (V)
18	19	20	21	22
Hamburger & Fries Turkey Knot Sandwich Hot Dog & Fries	Sweet Chili Meatballs w/ Rice *Spicy! Pasta w/ Meat Sauce Italian Trio on Cheesy Focaccia Cheese Pizza Kit (V)	Turkey & Cheese Cracker Kit Teriyaki Chicken w/ Noodles Bean & Cheese Pupusa w/ Curtido (V) Mexican Chicken Salad w/ Chips	BBQ Chicken w/ Baked Beans & Roll Queso Blanco Chicken Bowl Southwest Chicken Salad w/ Roll Bean & Cheese Pizza Kit (V)	Beef & Cheese Burrito Cheese Pizza (V) Soy Butter Sandwich (V)
25	26	27	28	29
THANKSGIVING BREAK - NO SCHOOL NOV 25-29				
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance	Monday: French Fries Tuesday: Carrots Wednesday: Crunchy Beans Thursday: Cucumber / Celery Friday: Side Salad w/ Dressing	Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice Seasonal: Tangerines	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

