



**Bradoaks, Mayflower, Monroe, Plymouth & Wild Rose Elementary Schools  
October 2018 Breakfast and Lunch Menu**

NEW ELEMENTARY SCHOOL SALAD BAR FOR 2018-2019: Offer and Promote 1/4 Cup Portions: Examples Corn = 33 cal, CHO 8g; Peas = 31 cal, CHO 6g; Romaine Spinach Salad = 6 cal, CHO 1g; Carrots = 30 cal, CHO 9g; Garbanzo Beans = 53 cal, CHO 8g; Frozen Fruit Blueberries = 20 cal, CHO 5g. Offer 4 Vegetables Daily, Make Sure to Include The Following Rotation: (M) Starchy - Corn, (T) Other Veggie - Green Beans, (W) Dark Greens - Romaine Spinach Salad, (TH) Orange/Red - Sliced Carrots, (F) Beans - Chick Peas Offered Daily: Dried Fruit Mix/Cranberries/Raisins (1/8c = 1/4c Credit) = 54 cal, CHO 28g; Frozen Fruit or Canned Fruit, Shredded Mozzarella or Cheddar Cheese. Homestyle Dressing or Packets = 50 cal, CHO 4g. Salad Bar Items are Subject to Change Based on Availability.

**Milk Offered Daily with Breakfast and Lunch; 1% Unflavored 120 cal, CHO 14g & Non-Fat Flavored 120 cal, CHO 22g**


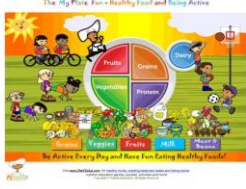
**100% Fruit Juice 4 oz. Offered Daily with Breakfast 60 cal, CHO 15g**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>October 1</b> Sweet Potato Chocolate Chip Muffin, CHO 47g Apricots Halves, CHO 15g  <b>Meatless Monday</b> Grilled Cheese Sandwich 280 cal, 2 oz. m/a, 2 g/b, CHO 41g Tomato Soup 33 cal, 1/4c. v, CHO 8g Cooked Spinach (HOTM) 38 cal, 1/2c. v, CHO 8g Mixed Fruit 80 cal, 1/2c. f, CHO 17g  <b>567 cal</b>	Breakfast Burrito Egg, Cheese & Bacon, CHO 22g Applesauce, CHO 14g  <b>Breakfast Tuesday</b> WG Mini Strawberry Pancakes 220 cal, 2 g/b, CHO 40g Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Hash Brown Potatoes* 135 cal, 1/4c. v, CHO 15g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g  <b>737 cal</b>	Sunrise Sandwich Ham, Egg Patty & Cheese on an English Muffin, CHO 29g Banana, CHO 27g  WG Soft Chicken Fajita and Cheese Taco w/Salsa 214 cal, 1 g/b, 2 oz. m/a, 1/4c. v, CHO 31g Spanish Rice 69 cal, 1/2 g/b, 1/8c. v CHO 14g Black Beans 114 cal, 1/2c. v, CHO 22g Raisels 80 cal, 1/2c. f, CHO 22g  <b>586 cal</b>	WG Pan Dulce Variety, CHO 34g Raisins, CHO 30g  <b>Pizza Thursday</b> Breakfast Pizza 420 cal, 2 oz. m/a, 3 g/b, CHO 52g Sweet Potato Fries 90 cal, 1/2c. v, CHO 15g Baked Cinnamon Apple 35 cal, 1/2c. f, CHO 9g  <b>700 cal</b>	WG Pancake & Sausage on a Stick, CHO 23g Pineapple Tidbits, CHO 15g  WG Chicken Sandwich w/Ketchup & Mustard Packet 320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g Ranch Style Beans 52 cal, 1/4c. v, CHO 9g Green Beans 9 cal, 1/4c. v, CHO 2g Lunch Bunch Grapes 80 cal, 1/2c. f, CHO 26g  <b>616 cal</b>
WG Cinnamon Glazed French Toast, CHO 31g Raisins, CHO 30g  <b>Meatless Monday</b> WG Cheese Enchilada 370 cal, 2 oz. m/a, 2 g/b, CHO 34g Black Beans 110 cal, 1/2 c. v, CHO 10g Diced Peaches 60 cal, 1/2c. f, CHO 14g  <b>695 cal</b>	WG Benefit Breakfast Bar, CHO 48g Applesauce w/Blueberries, CHO 14g  <b>Breakfast Tuesday</b> WG Cinnamon Glaze French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 31g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Ham Steak 60 cal, 1 oz. m/a, CHO 1g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 credit, CHO 2g Diced Pears 60 cal, 1/2c. f, CHO 16g  <b>575 cal</b>	Grilled Cheese, CHO 41g Mixed Fruit, CHO 17g  <b>¿Chicken Nugget Wednesday?</b> WG Bat Shaped Chick'n Nuggets 4 pcs 180 cal, 2 oz. m/a, 1 g/b, CHO 16g Potato Smiles w/Ketchup 140 cal, 1/2c. v, CHO 15g Green Jell-O w/Pear Cup 72 cal, 1/2c. f, CHO 19g  <b>547 cal</b>	WG Cereal, CHO 23g WG Choc Bear Grahams, CHO 20g Sliced Apples, CHO 8g  <b>Pizza Thursday</b> Pepperoni Pizza Sliders 343 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 30g Baked Tostitos Scoops 120 cal, 1 g/b, CHO 22g <b>NEW</b> Salsa 29 cal, 1/2c. v, CHO 7g Sliced Apples 34 cal, 1/2c. f, CHO 8g  <b>681 cal</b>	<p align="center"><b>All Staff In-Service All Sites are Closed</b></p>

**NATIONAL SCHOOL LUNCH WEEK: October 15- 19, 2018**

WG Coffee Cake, CHO 61g String Cheese, CHO 1g Rosy Applesauce, CHO 14g  <b>Meatless Monday</b> WG Fish Treasures w/Tartar Sauce 210 cal, 2 oz. m/a, 1 1/4 g/b CHO 18g WG Dinner Roll 90 cal, 1g/b, CHO 16g Seasoned Spiral Potatoes w/Ketchup 100 cal, 1/2c. v, CHO 17g Applesauce w/Strawberries 70 cal, 1/2c. f, CHO 19g  <b>625 cal</b>	EggStravaganza, CHO 1g WG Toast, CHO 13g Diced Peaches, CHO 17g  <b>Breakfast Tuesday</b> WG Pancake Sausage on a Stick 202 cal, 1 oz. m/a, 1.5 g/b, CHO 25g Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g Jicama w/Tajin 26 cal, 1/2c. v, CHO 11g Raisels 80 cal, 1/2c. f, CHO 22g  <b>533 cal</b>	Strawberry Yogurt, CHO 17g WG Cinnamon Churro, CHO 23g Mandarin Oranges, CHO 14g  WG 3.5" Bacon Cheeseburger w/Ketchup & Mustard Packet 260 cal, 2 oz. m/a, 2 g/b, CHO 31g Ranch Style Beans 103 cal, 1/2c. v, CHO 18g Jello Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g  <b>435 cal</b>	Scrambled Eggs, CHO 0g WG Toast, CHO 13g Banana, CHO 27g  <b>Pizza Thursday</b> Domino's Smart Slice Pepperoni Pizza (8 Slic) 250 cal, 2 m/a, 2 g/b, v, CHO 40g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Apple Slices 34 cal, 1/2c. f, CHO 8g  <b>509 cal</b>	WG Cereal, CHO 23g WG Choc Bear Grahams, CHO 20g Sliced Apples, CHO 8g  <b>NEW</b> Breaded Porkchop 5 oz. 200 cal, 2 m/a, 1 g/b CHO 17g Whole Grain Dinner Roll 90 cal, 1 g/b, CHO 16g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Banana 105 cal, 1/2c. f, CHO 27g  <b>577 cal</b>
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**NATIONAL RED RIBBON WEEK: October 23 - 31, 2018**

WG Breakfast Bites, CHO 19g Applesauce w/Blueberries, CHO 14g  <b>Meatless Monday</b> WG Bean & Cheese Tamale 347 cal, 2 g/b, 2 oz. m/a, CHO 56g Spanish Rice 69 cal, 1/8c. v, 1/2 g/b, CHO 14g Peas & Carrots 25 cal, 1/2c. v, CHO 5g Diced Apricots 60 cal, 1/2c. f, CHO 16g  <b>669 cal</b>	WG Belgian Waffles, CHO 27g Strawberry/Orange Sauce, CHO 10g  <b>Breakfast Tuesday</b> WG Sweet Potato Cinnamon Roll 250 cal, 2 g/b, CHO 43g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Roasted Butternut Squash 41 cal, 1/2c. v, CHO 11g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g  <b>602 cal</b>	<b>Manager Special</b> WG Bean & Cheese Burrito, CHO 41g Baked Cinnamon Apple, CHO 9g  "2014" Award Winning Chili Con Carne & Beans 180 cal, 2 oz. m/a, 3/8c. v, CHO 11g WG Super Star Corn Muffin 148 cal, 1g/b, CHO 23g Broccoli 26 cal, 1/2c. v, CHO 5g Banana 105 cal, 1/2c. f, CHO 27g  <b>614 cal</b>	WG Dutch Waffles, CHO 48g Sliced Apples, CHO 8g  <b>Pizza Thursday</b> <b>NEW</b> WG Pinwheel RF Turkey Pepperoni 280 cal, 2 g/b, 2 oz. m/a, CHO 28g Sweet Potato Fries 90 cal, 1/2c. v, CHO 15g Jello Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g  <b>597 cal</b>	WG Breakfast Pizza, CHO 24 Dried Mixed Fruit, CHO 24g  <b>Manager Special</b> Turkey Corn Dog Bites (6) w/Ketchup & Mustard Packet 300 cal, 2 oz. m/a, 1.75 g/b, CHO 28g Vegetarian Beans 119 cal, 1/2c. v, CHO 27g Sliced Apples 34 cal, 1/2c. f, CHO 8g  <b>608 cal</b>
WG Cereal, CHO 23g WG Choc Bear Grahams, CHO 20g Sliced Apples, CHO 8g  <b>Meatless Monday</b> WG Mac & Cheese 6 oz. 295 cal, 2 oz. m/a, 1 g/b, CHO 31g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Mixed Fruit 60 cal, 1/2c. f, CHO 17g  <b>537 cal</b>	WG Bean & Cheese Burrito, CHO 41g Frozen Strawberry Cup, CHO 22g  <b>Breakfast Tuesday</b> WG Pancakes w/Syrup 160 cal, 1 g/b, CHO 27g Sliced Ham 37 cal, 1 oz. m/a, CHO 2g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Mandarin Orange 58 cal, 1/2c. f, CHO 14g  <b>590 cal</b>	Oatmeal, CHO 14g WG Toast, CHO 13g Dried Mixed Fruit, CHO 24g  WG Spaghetti w/Meat Sauce 322 cal, 2 m/a, 3/8c. v, CHO 34g WG Aloha Dinner Roll 90 cal, 1g/b, CHO 16g Green Beans 18 cal, 1/2c. v, CHO 6g Pumpkin Shaped Cookie 120 cal, 3/4 g/b, CHO 16g SideKick 100% Fruit Juice 80 cal, 1/2c. f, CHO 20g  <b>639 cal</b>	<p align="center"><b>Harvest of the Month - Cooked Greens</b></p>  <p align="center"><b>Eating Green Leafy Vegetables Daily May Reduce the Overall Risk of Some Cancers Like Breast, Kidney, and Lymphoma.</b></p>	 <p align="center"><b>Eat moderate portions &amp; play hard!!!</b></p>

\* Denotes that the Salad Bar Vegetable Will be Served at 1/2 Cup Quantity.

**Elementary Schools - Meal Prices**

Breakfast - Daily.....	\$1.25
Lunch - Daily .....	\$3.00
Annual Pass: Breakfast.....(180 days)	\$225.00
Annual Pass: Lunch.....(180 days)	\$540.00
Annual Pass: Breakfast and Lunch.....(180 days)	\$765.00

To Pay for Your Student's Meals with a Credit Card, Please Go to [www.k12paymentcenter.com](http://www.k12paymentcenter.com) and Follow the Step by Step Instructions. Eligible Students may Receive Free or Reduced Price Meals.

Applications for free/reduced meals are available on-line at [www.monroviashools.net](http://www.monroviashools.net), your school café and the District Office.

**We Serve Supper Everyday to Elementary School Students Involved in an After School Academic Enrichment Program.**

This Institution is an Equal Opportunity Provider



This Menu is Subject to Change Without Prior Notice.



## ESCUELAS PRIMARIAS BRADOAKS, MAYFLOWER, MONROE, PLYMOUTH y WILD ROSE

### Menu de Desayuno y Almuerzo de Octubre 2018

**NUEVO BARRA DE ENSALADA EN LAS ESCUELAS PRIMARIAS 2018-2019** Ofrescan y Promuevan Porciones de 1/4 Taza: Ejemplos: Elote = 33 cal, CHO 8g, Chicharos = 31 cal, 6g CHO; Ensalada de Romaine y Espinacas = 6 cal, CHO 1g; Zanahorias = 30 cal, CHO 9g; Garbanzos = 53 cal, CHO 8g; Fruta Congelada Moras Azules = 20 cal, CHO 5g. **Ofrescan 2 Vegetales Diario y Por Favor Incluyan La Siguiente Rotación:** (l) Almidón - Elote (m) Otros Vegetales - Ejotes, (m) Verdes Oscuros - Ensalada Romaine y Espinacas, (j) Anaranjado/Rojo - Rebanadas de Zanahorias, (v) Frijoles - Garbanzos Ofrecemos Diario Fruta Mezclada Seca/Arándanos Agrios/Pasas (1/8c = 1/4c Credito) = 54 cal, CHO 28g, Fruta Congelada o Fruta de Lata, Queso Mozzarella Desmenuzado o Queso Cheddar. Aderezo Estilo Casero o Paquetes = 50 cal, CHO 4g. Las Frutas y Los Vegetales de La Barra de Ensalada Estan Sujeto A Cambio Basado en Su Disponibilidad. Ofrecemos Leche Diario con el Desayuno y el Almuerzo; 1% Sin Sabor 120 cal, CHO 14g y con Sabor Sin Grasa 120 cal, CHO 22g



**Jugo 100% de Fruta 4 oz. Se Ofrece Diario con el Desayuno 60 cal, CHO 15g**

lunes	martes	miércoles	jueves	viernes
<p><b>1 de Octubre</b></p> <p>Mollete de Batata con Fichas de Chocolate, CHO 47g La Mitad de Albaricoque, CHO 15g</p> <p><b>lunes Sin Carne</b> Sandwich de Queso Asado 280 cal, 2 oz. m/a, 2 g/b, CHO 41g Sopa de Jitomate 33 cal, 1/4c. v, CHO 8g Espinacas Cocidas (CDM) 38 cal, 1/2c. v, CHO 8g Fruta Mezclada 80 cal, 1/2c. f, CHO 17g</p> <p style="text-align: right;"><b>567 cal</b></p>	<p><b>2</b></p> <p>Burrito de Desayuno con Huevo, Queso y Tocino, CHO 22g Puré de Manzana, CHO 14g</p> <p><b>martes de Desayuno</b> Hojuelas de Fresa Mini 220 cal, 2 g/b, CHO 40g Huevo Duro (Pasteurizado) 70 cal, 1 oz. m/a, CHO 1g Torta de Salchicha 60 cal, 1 oz. m/a, CHO 1g Papas Hash Brown* 135 cal, 1/4c. v, CHO 15g Rebanadas de Naranja Frescas 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: right;"><b>737 cal</b></p>	<p><b>3</b></p> <p>Sandwich del Amanecer con Jamón, Torta de Huevo y Queso Sobre un Mollete Inglés, CHO 29g Plátano, CHO 27g</p> <p>Taco Suave de Fajitas de Pollo con Queso y Salsa 214 cal, 1 g/b, 2 oz. m/a, 1/4c. v, CHO 31g Arroz Español 69 cal, 1/2 g/b, 1/8c. v CHO 14g Frijoles Negros 114 cal, 1/2c. v, CHO 22g Pasas Raisels 80 cal, 1/2c. f, CHO 22g</p> <p style="text-align: right;"><b>586 cal</b></p>	<p><b>4</b></p> <p>Variedad de Pan Dulce, CHO 34g Pasas, CHO 30g</p> <p><b>jueves de Pizza</b> Pizza de Desayuno 420 cal, 2 oz. m/a, 3 g/b, CHO 52g Papas de Batata 90 cal, 1/2c. v, CHO 15g Manzana con Canela Horneada 35 cal, 1/2c. f, CHO 9g</p> <p style="text-align: right;"><b>700 cal</b></p>	<p><b>5</b></p> <p>Hojuela y Salchicha Sobre un Palito, CHO 23g Trocitos de Piña, CHO 15g</p> <p>Sandwich de Pollo con Paquete de Catchup y Mostaza 320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g Frijoles Estilo Ranchero 52 cal, 1/4c. v, CHO 9g Ejotes 9 cal, 1/4c. v, CHO 2g Racimo de Uvas 80 cal, 1/2c. f, CHO 26g</p> <p style="text-align: right;"><b>616 cal</b></p>
<p><b>8</b></p> <p>Pan Tostado Estilo Frances con Canela y Garpiña, CHO 31g Pasas, CHO 30g</p> <p><b>lunes sin Carne</b> Enchilada de Trigo 370 cal, 2 oz. m/a, 2 g/b, CHO 34g Frijoles Negros 110 cal, 1/2 c. v, CHO 10g Cubitos de Durazno 60 cal, 1/2c. f, CHO 14g</p> <p style="text-align: right;"><b>695 cal</b></p>	<p><b>9</b></p> <p>Barra de Desayuno BeneFit, CHO 48g Puré de Manzana con Moras Azules, CHO 20g</p> <p><b>martes de Desayuno</b> Pan Tostado con Canela y Garapiña 230 cal, 2 g/b, 1 oz. m/a, CHO 31g Torta de Huevo Asado 45 cal, 1 oz. m/a, CHO 1g Rebanada de Jamón 60 cal, 1 oz. m/a, CHO 1g Ensalada de Romaine y Espinacas con Aderezo Ranch 47 cal, 1c. v = 1/2 credit, CHO 2g Cubitos de Pera 60 cal, 1/2c. f, CHO 16g</p> <p style="text-align: right;"><b>575 cal</b></p>	<p><b>10</b></p> <p>Sandwich de Queso Asado, CHO 41g Fruta Mezclada, CHO 17g</p> <p><b>¿miércoles de Pedacos de Pollo?</b> Pollo en Forma de Murciélagos 4 pcs. 180 cal, 2 oz. m/a, 1 g/b, CHO 16g Sonrisas de Papa con Catchup 140 cal, 1/2c. v, CHO 15g Taza de Gelatina Verde con Pera 72 cal, 1/2c. f, CHO 19g</p> <p style="text-align: right;"><b>547 cal</b></p>	<p><b>11</b></p> <p>Cereal de Trigo, CHO 23g Galleta Bear Graham de Chocolate, CHO 20g Rebanadas de Manzana, CHO 8g</p> <p><b>jueves de Pizza</b> Pizza Sliders de Pepperoni 343 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 30g Tostitos Scoops Horneados 120 cal, 1 g/b, CHO 22g <b>NUEVO</b> Salsa 29 cal, 1/2c. v, CHO 7g Rebanadas de Manzana 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: right;"><b>681 cal</b></p>	<p><b>12</b></p> <p style="text-align: center;"><b>Día de Entrenamiento</b> <b>No Hay Escuela Hoy!</b></p>

## SEMANA NACIONAL DEL ALMUERZO ESCOLAR: Octubre 15 - 19 del 2018

<p><b>15</b></p> <p>Pastel para Cafe, CHO 61g Queso de Rajas, CHO 1g Puré de Manzana Rosado, CHO 14g</p> <p><b>lunes sin Carne</b> Pescado - Tesoros del Mar con Salsa Tartar 210 cal, 2 oz. m/a, 1 1/4 g/b CHO 18g Panecillo Aloha de Trigo 90 cal, 1g/b, CHO 16g Papas Sazonadas Espiral con Catchup 100 cal, 1/2c. v, CHO 17g Puré de Manzana con Fresas 70 cal, 1/2c. f, CHO 19g</p> <p style="text-align: right;"><b>625 cal</b></p>	<p><b>16</b></p> <p>Huevos EggStravaganza, CHO 1g Pan De Trigo Tostado, CHO 13g Cubitos de Durazno, CHO 17g</p> <p><b>martes de Desayuno</b> Hojuela y Salchicha Sobre un Palito 202 cal, 1 oz. m/a, 1.5 g/b, CHO 25g Huevo Duro (Pasteurizado) 70 cal, 1 oz. m/a, CHO 1g Jicama con Tajin 26 cal, 1/2c. v, CHO 11g Pasas Raisels 80 cal, 1/2c. f, CHO 22g</p> <p style="text-align: right;"><b>533 cal</b></p>	<p><b>17</b></p> <p>Yogurt de Fresa, CHO 17g Churro de Canela, CHO 23g Naranja Mandarina, CHO 14g</p> <p>Hmburguesa con Queso y Tocino y Paquetes de Catchup y Mostaza 260 cal, 2 oz. m/a, 2 g/b, CHO 31g Frijoles Estilo Ranchero 103 cal, 1/2c. v, CHO 18g Taza de Gelatina con Pera 72 cal, 1/2c. f, CHO 19g</p> <p style="text-align: right;"><b>435 cal</b></p>	<p><b>18</b></p> <p>Huevos Revueltos, CHO 0g Pan de Trigo Tostado, CHO 13g Plátano, CHO 27g</p> <p><b>jueves de Pizza</b> Rebanada Inteligente de Domino's Pizza de Pepperoni (8 Slc) 250 cal, 2 m/a, 2 g/b, v, CHO 40g Zanahorias Bunny Luv con Aderezo Ranch 70 cal, 1/2c. v, CHO 4g Rebanadas de Manzana 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: right;"><b>509 cal</b></p>	<p><b>19</b></p> <p>Cereal de Trigo, CHO 23g Galletas Bear Graham de Chocolate, CHO 20g Rebanadas de Manzana, CHO 8g</p> <p><b>NUEVO</b> Chuleta de Cerdo Empanisada 5 oz. 200 cal, 2 m/a, 1 g/b CHO 17g Panecillo Aloha de Trigo 90 cal, 1 g/b, CHO 16g Brócoli Cocido 27 cal, 1/2c. v, CHO 6g Plátano 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: right;"><b>577 cal</b></p>
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## SEMANA NACIONAL DE LA CINTA ROJA: Octubre 23 - 31 del 2018

<p><b>22</b></p> <p>Mordidas de Desayuno, CHO 19g Puré de Manzana con Moras Azules, CHO 20g</p> <p><b>lunes sin Carne</b> Tamal de Frijoles y Queso 347 cal, 2 g/b, 2 oz. m/a, CHO 56g Arroz Español 69 cal, 1/8c. v, 1/2 g/b, CHO 14g Chicharos y Zanahorias 25 cal, 1/2c. v, CHO 5g Cubitos de Albaricoque 60 cal, 1/2c. f, CHO 16g</p> <p style="text-align: right;"><b>669 cal</b></p>	<p><b>23</b></p> <p>Barquillo Belga con, CHO 27g Salsa de Fresa y Naranja, CHO 10g</p> <p><b>martes de Desayuno</b> Panecillo de Batata y Canela 250 cal, 2 g/b, CHO 43g Torta de Huevo Asado 45 cal, 1 oz. m/a, CHO 1g Torta de Salchicha 60 cal, 1 oz. m/a, CHO 1g Calabaza Butternut Tostada 41 cal, 1/2c. v., CHO 11g Rebanadas de Naranja Fresca 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: right;"><b>602 cal</b></p>	<p><b>24</b></p> <p style="text-align: center;"><b>Especial del Gerente</b></p> <p>Burrito de Frijoles y Queso, CHO 41g Manzana con Canela Horneada, CHO 9g</p> <p>Ganador del Premio en 2014 Chile Con Carne y Frijoles 180 cal, 2 oz. m/a, 3/8c. v, CHO 11g Mollete de Maíz en Forma de Estrella 148 cal, 1g/b, CHO 23g Brócoli 26 cal, 1/2c. v, CHO 5g Plátano 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: right;"><b>614 cal</b></p>	<p><b>25</b></p> <p>Barquillo holandés, CHO 48g Rebanadas de Manzana, CHO 8g</p> <p><b>jueves de Pizza</b> <b>NUEVO</b> Pizza Pinwheel con Pepperoni de Pavo 280 cal, 2 g/b, 2 oz. m/a, CHO 28g Papas al Horno de Batata 90 cal, 1/2c. v, CHO 15g Taza de Gelatina con Pera 72 cal, 1/2c. f, CHO 19g</p> <p style="text-align: right;"><b>597 cal</b></p>	<p><b>26</b></p> <p>Pizza de Desayuno, CHO 24 Fruta Mezclada Seca, CHO 24g</p> <p style="text-align: center;"><b>Especial de Gerente</b></p> <p>Mordidas de Perro Caliente Empanisado (6) y Paquetes de Catchup y Mostaza 300 cal, 2 oz. m/a, 1.75 g/b, CHO 28g Frijoles Vegetarianos 119 cal, 1/2c. v, CHO 27g Rebanadas de Manzana 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: right;"><b>608 cal</b></p>
<p><b>29</b></p> <p>Cereal de Trigo, CHO 23g Galleta Bear Graham de Chocolate, CHO 20g Rebanadas de Manzana, CHO 8g</p> <p><b>lunes sin Carne</b> Macarones con Queso 6 oz. 295 cal, 2 oz. m/a, 1 g/b, CHO 31g Brócoli Cocido 27 cal, 1/2c. v, CHO 6g Fruta Mezclada 60 cal, 1/2c. f, CHO 17g</p> <p style="text-align: right;"><b>537 cal</b></p>	<p><b>30</b></p> <p>Burrito de Frijoles y Queso, CHO 41g Taza con Fresas Congelada, CHO 22g</p> <p><b>martes de Desayuno</b> Hojuelas de Trigo con Jarabe 160 cal, 1 g/b, CHO 27g Rebanada de Jamón 37 cal, 1 oz. m/a, CHO 2g Omelet de Queso Colby 110 cal, 2 oz. m/a, CHO 1g Zanahorias con Aderezo Ranch 70 cal, 1/2c. v, CHO 4g Naranja Mandarina 58 cal, 1/2c. f, CHO 14g</p> <p style="text-align: right;"><b>590 cal</b></p>	<p><b>31</b></p> <p>Avena, CHO 14g Pan de Trigo Tostado, CHO 13g Fruta Mezclada Seca, CHO 24g</p> <p>Fideos de Trigo con Salsa de Carne 322 cal, 2 m/a, 3/8c. v, CHO 34g Panecillo Aloha de Trigo 90 cal, 1g/b, CHO 16g Ejotes 18 cal, 1/2c. v, CHO 6g Galleta en Forma de Calabaza 120 cal, 3/4 g/b, CHO 16g Jugo 100% Congelado SideKick 80 cal, 1/2c. f, CHO 20g</p> <p style="text-align: right;"><b>639 cal</b></p>	<p style="text-align: center;"><b>Cosecha del Mes - Verdes Cocidos</b></p>  <p style="text-align: center;"><b>Comiendo Vegetales Verdes Frondosos Diario Pueden Reducir el Riesgo de Algunos Cánceres como el del Mamá, Riñones y Lymphoma.</b></p>	 <p style="text-align: center; background-color: green; color: white; padding: 10px;"><b>Come Porciones en Moderación y Juega Duro!!!</b></p>

### Escuelas Primarias - Precios De Comida

Desayuno - Diario.....	\$1.25
Almuerzo - Diario.....	\$3.00
Pase Anual: Desayuno.....(180 Días)	\$225.00
Pase Anual: Almuerzo.....(180 Días)	\$540.00
Pase Anual: Desayuno y Almuerzo.....(180 Días)	\$765.00

Pague La Comida De Su Niño/a Usando Una Tarjeta De Credito, Vaya A La Red (Internet) Elejibles Pueden Recibir Comida Gratis O A Precio Reducido. Aplicaciones Para Comida [www.monroviashools.net](http://www.monroviashools.net), En La Cafeteria De Su Escuela Y En La Oficina Del Distrito Escolar.

[www.k12paymentcenter.com](http://www.k12paymentcenter.com) Y Siga Las Instrucciones Paso Por Paso. Alumnos Gratis O A Precio Reducido Estan Disponible En La Red (Internet)

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