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| <b>NOVEMBER</b> | <b>Lucerne Valley USD Middle / High / Mtv Breakfast / Lunch / Supper / Snack</b> | <b>2018</b> |
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Assorted Fruits are offered daily with Breakfast and Lunch. A 1/2 of cup of fruit or vegetable must be taken with all meals. You must select 3 "Food Items" for Lunch

**A choice of milk is offered with all meals except snack. Choices are : 1% unflavored or Nonfat Chocolate.\*\*\*\*\* Bagels offered Daily**

**NOVEMBER BREAKFAST**

|                      |                             |                      |                      |   |
|----------------------|-----------------------------|----------------------|----------------------|---|
| DONUTS 2 G/GB        | BREAKFAST PIZZA 1M/MA 1G/GB | MUFFIN 2 G/GB        | COOKS CHOICE 1 G/GB  | POPARTS 1 G/GB                                      |
| ASSORTED FRUITS 4 OZ | ASSORTED FRUITS 4 OZ        | ASSORTED FRUITS 4 OZ | ASSORTED FRUITS 4 OZ | STRING CHEESE 1 M/MA<br>ASSORTED FRUIT & JUICE 4 OZ |

**LUNCH**

| MONDAY                         | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY                                   |
|--------------------------------|---|---|---|--|
| <u>ENTRÉE: MAY CHOOSE ONE</u>  | <u>ENTRÉE: MAY CHOOSE ONE</u>                     | <u>ENTRÉE: MAY CHOOSE ONE</u>                         | <u>ENTRÉE: MAY CHOOSE ONE</u>                                     | <u>ENTRÉE: MAY CHOOSE ONE</u>            |
| SPICY CHICKEN PATTY            | SPICY CHICKEN TENDERS                             | SPICY CHICKEN PATTY                                   | SPICY CHICKEN TENDERS   | SPICY CHICKEN PATTY                      |
| SPICY CHICKEN BOWL W/ EGG ROLL | TURKEY TACO                                       | LASAGNA W/ BROWNIE - ROLL                             | HAM & CHEESE RIPPERS  | TURKEY & GRAVY W/ MASHED POTATOES - ROLL |
| ANYTIME KITS                   | HAWAII PIZZA                                      | CHICKEN ALFREDO                                       | BACON CHEESEBURGER  | PIZZA ANYTIME KIT                        |
| GREEN SAUCE QUESADILLA         | COOKS' CHOICE                                     | COOK' CHOICE  | SOUP W/ GRILLED CHEESE  | COOK'S CHOICE                            |
| <u>VEGETABLE CHOICES</u>       | <u>VEGGIES: MAY CHOOSE TWO FROM THE SALAD BAR</u> | <u>VEGGIES: MAY CHOOSE TWO FROM THE SALAD BAR</u>     | <u>VEGGIES: MAY CHOOSE TWO FROM THE SALAD BAR</u>                 | <u>VEGETABLE CHOICES</u>                 |
| FRENCH FRIES - COOKED CARROTS  | SHREDDED ROMAINE-DICED TOMATOES-SALSA-OLIVES      | SHREDDED ROMAINE-DICED CARROTS-JALAPENOS-PICKLE CHIPS | SHREDDED ROMAINE-SLICED TOMATOES-PICKLE CHIPS-ASSORTED VEGETABLES | GREEN BEANS - EDAMAME                    |
| <u>FRUIT: MAY CHOOSE TWO</u>   | <u>FRUIT: MAY CHOOSE TWO</u>                      | <u>FRUIT: MAY CHOOSE TWO</u>                          | <u>FRUIT: MAY CHOOSE TWO</u>                                      | <u>FRUIT: MAY CHOOSE TWO</u>             |
| CRANBERRYS - ASSORTED FRUITS   | ASSORTED FRUITS                                   | ASSORTED FRUITS                                       | ASSORTED FRUITS   | ASSORTED FRUITS                          |
| <u>MILK: MAY CHOOSE ONE</u>    | <u>MILK: MAY CHOOSE ONE</u>                       | <u>MILK: MAY CHOOSE ONE</u>                           | <u>MILK: MAY CHOOSE ONE</u>                                       | <u>MILK: MAY CHOOSE ONE</u>              |
| 1% WHITE OR NF CHOCOLATE       | 1% WHITE OR NF CHOCOLATE                          | 1% WHITE OR NF CHOCOLATE                              | 1% WHITE OR NF CHOCOLATE  | 1% WHITE OR NF CHOCOLATE                 |

All vegetable servings = 1/2 cup unless otherwise listed. <sup>1</sup>1/4 Cup or <sup>2</sup>3/4 Cup <sup>3</sup>1/8 Cup  
ALL SALADS ARE SERVED WITH A ROLL AND OR CRACKERS ALL BREAD/GRAIN ITEMS ARE WHOLE GRAIN

**COLTS AFTER SCHOOL PROGRAM SUPPER**

|                          |                      |                     |                          |                      |
|--------------------------|----------------------|---------------------|--------------------------|----------------------|
| PIZZA CRUNCHER           | COOKS CHOICE         | CHICKEN NUGGETS     | PIZZA BITES              | ANYTIME KITS         |
| ASSORTED VEGETABLES 4 OZ | CORN 4 OZ            | FRENCH FRIES 4 OZ   | ASSORTED VEGETABLES 4 OZ | CARROT COINS 4 OZ    |
| ASSORTED FRUITS 2 OZ     | ASSORTED FRUITS 2 OZ | ASSORTED FRUIT 2 OZ | ASSORTED FRUITS 2 OZ     | ASSORTED FRUITS 2 OZ |

**COLTS AFTER SCHOOL PROGRAM SNACK**

|                          |                |                 |                    |                       |
|--------------------------|----------------|-----------------|--------------------|-----------------------|
| COOK'S CHOICE GRAIN 1 OZ | POPART 1.76 OZ | CHEEZ ITS 1 OZ  | CEREAL BAR 1.42 OZ | BAGEL W/ CREAM CHEESE |
| PEARS 6 OZ               | MILK 8 OZ      | APPLESAUCE 6 OZ | MILK 8 OZ          | JUICE 6 OZ            |

This institution is an equal opportunity provider.