

NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk offered with every meal! We offer: low fat or non fat milk products: 1% White, Non-fat Chocolate, Lactaid, Soy Milk.</p>	<p>Menu is subject to change. This menu item contains pork (*)</p>	<p>La leche ofrecida con cada comida! Ofrecemos los siguientes productos lácteos bajos en grasa o sin grasa: 1% de chocolate blanco, sin grasa, lactosa, leche de soja.</p>	<p>1 Mac N Cheese or New Item Asian Chicken Salad *** Orange Smiles Jicama and Tajin Apple Slices Cookie or Brownie Day</p>	<p>2 Breaded Chicken w/ Bun Caesar Salad *** Ocean Spray Dried Cranberries Chicken Caesar Salad Pinto Bean Salad 100% Berry Fruit Pop</p>
<p>5 Ground Beef Taco Greek Yogurt & Granola *** Chopped Romaine Apple & Eve Fruitable Juice Cilantro Peaches or Other Canned Fruit</p>	<p>6 Asian Beef & Rice Chicken Ranch Salad *** Lunch Bunch Grapes Cucumbers and Tajin Apple & Eve Fruitable Juice Tangerines or Other Canned Fruit</p>	<p>7 Pepperoni or Cheese Pizza *** Caesar Salad Mini Sweet Bell Peppers Carrots 100% Strawberry Frozen Cup</p>	<p>8 Chicken Nuggets Asian Chicken Salad *** Orange Smiles Jicama and Tajin Apple Slices Potato Dish Cookie or Brownie Day</p>	<p>9 Student Free Day Elementary Schools Only</p>
	<p>13 Orange Chicken & Rice Chicken Ranch Salad *** Lunch Bunch Grapes Cucumbers and Tajin Apple & Eve Fruitable Juice Tangerines</p>	<p>14 Pepperoni or Cheese Pizza *** Caesar Salad Mini Sweet Bell Peppers Carrots 100% Strawberry Frozen Cup</p>	<p>15 Chicken Drumstick Asian Chicken Salad *** Orange Smiles Jicama and Tajin Apple Slices Potato Dish Cookie or Brownie Day</p>	<p>16 Cheeseburger Twins Chicken Caesar Salad *** Ocean Spray Dried Cranberries Caesar Salad Pinto Bean Salad 100% Berry Fruit Pop</p>
 <p>Happy Thanksgiving</p>				
<p>26 Bean & Cheese Burrito Greek Yogurt & Granola *** Chopped Romaine Apple & Eve Fruitable Juice Cilantro Peaches or Other Canned Fruit</p>	<p>27 Foster Farms Chicken Corn Dog Chicken Ranch Salad *** Lunch Bunch Grapes Cucumbers and Tajin Apple & Eve Fruitable Juice Tangerines or Other Canned Fruit</p>	<p>28 Pepperoni or Cheese Pizza *** Caesar Salad Mini Sweet Bell Peppers Carrots 100% Strawberry Frozen Cup</p>	<p>29 Chicken Nuggets Asian Chicken Salad *** Orange Smiles Jicama and Tajin Apple Slices Potato Dish Cookie or Brownie Day</p>	<p>30 Pizza Stick* Chicken Caesar Salad *** Ocean Spray Dried Cranberries Caesar Salad Pinto Bean Salad 100% Berry Fruit Pop</p>

Meal Pricing and Charge Policy:

See inside of front cover

Meal Applications:

Refer to page 3

Updated menus will be posted on our website, yourchew.com, as well as nutrient analysis.

Póliza de precios y cargos de comida: vea el interior de la portada.

Aplicaciones de comida: consulte la página tres. El menú está sujeto a cambios.

Los menús actualizados se publicarán en nuestro sitio web, yourchew.com, así como el análisis de nutrientes.

Additional Entrée Choices

Opciones adicionales

Mon/Lunes: Grilled Cheese

Tues/Martes: Sunflower Seeds & Granola Bar

Wed/Miercoles: Cheese Pizza

Thurs/Jueves: Garlic Cheese Bread

Fri/Viernes: Morning Star
Black Bean Burger

Additional Protein/ Proteína adicional

Mozzarella String Cheese or Sunflower Seeds (Varies day to day)

Light Mozzarella String Cheese o semillas de girasol (Varía día a día)

Additional Whole Grain/ Grano Entero Adicional

Mon/Lunes: Organic Annie Grahams

Tues/Martes: Back to Basics
Wheat Crackers

Wed/Miercoles: Crackers

Thurs/Jueves: Cookie Day

Fri/Viernes: Pepperidge Farms
Goldfish Pretzels