community ROOTS
REAL FOOD. REAL GROWTH.

MENU

NOVEMBER

Supper

2 Snack Pack	3 Black Bean Burger Patty with Potato Wedges and Broccoli	4 Turkey Sandwich with Carrots	5 Birria Pupusa with Curtido Salad	6 SunButter & Jelly Sandwich with Salad and Cucumber
9 Snack Pack	10 Baked Potato with Broccoli	11 No School	12 Bean & Cheese Pupusa with Curtido Salad	13 SunButter & Jelly Sandwich with Salad and Cucumber
16 Snack Pack	17 Black Bean Burger Patty with Potato Wedges and Broccoli	18 Turkey Sandwich with Carrots	19 Birria Pupusa with Curtido Salad	20 SunButter & Jelly Sandwich with Salad and Cucumber
23 Snack Pack	24 Baked Potato with Broccoli	25 Chicken Caesar Wrap with Carrots	26 No School	27
30 Snack Pack				

Snack

Mondays
1.2 oz. Sunflower Seeds
6 oz. 100% Apple Juice

Tuesdays
1 oz. Cinnamon Bear Grahams[WGR]
Apples (3/4 cup 125-138ct)

Wednesdays
1 oz. Cheez-Its[WGR]
1 oz. String Cheese

Thursdays
.75 oz. Goldfish[WGR]
Apples (3/4 cup 125-138ct)

Fridays
.75 oz. Pretzels[WGR]
Apples
(3/4 cup 125-138ct)

All meals served with fresh fruit and Clover Sonoma RBST-free 1% or fat free milk.

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MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

This institution is an equal opportunity provider.