## November 2020

### Valleyview Lunch

#### **FRIDAY** WEDNESDAY THURSDAY MONDAY TUESDAY 5 6 2 3 4 Main Entrees Main Entrees Main Entrees Main Entrees Main Entrees Tuna Salad Sub Tuna Salad Sub Whole Grain French Toast Chicken Parmesan Chicken Parmesan Fresh Carrots · Fresh Celery Sticks Fresh Carrots Fresh Celery Sticks Sticks Fresh Banana Fresh Banana **Applesauce** Fresh Broccoli Florets Applesauce Sides for All Meals Sides for All Meals Corn & Black Bean Salsa Sides for All Meals Syrup Salad Fresh Red Delicious Apple · 1% Low-fat Milk 1% Low-fat Milk 1% Low-fat Milk Chocolate Skim Milk Chocolate Skim Milk Corn & Black Bean Salsa Chocolate Skim Milk Sides for All Meals 1% Low-fat Milk Salad Chocolate Skim Milk Sides for All Meals 1% Low-fat Milk Chocolate Skim Milk 11 12 13 9 10 Main Entrees Main Entrees Main Entrees Main Entrees Main Entrees · BBQ Pulled Pork Sandwich Classic Chicken Sandwich · BBQ Pulled Pork Sandwich · Chicken Pasta Alfredo · Classic Chicken Sandwich Sesame Soy Roasted Carrots • Crinkle Cut French Fries Fresh Broccoli Florets Sesame Soy Roasted Carrots . Crinkle Cut French Fries Chilled Peaches Fresh Red Delicious Apple **Chilled Peaches Applesauce** Applesauce Citrus Kidney & Garbanzo Sides for All Meals Citrus Kidney & Garbanzo Sides for All Meals Sides for All Meals Bean Salad · 1% Low-fat Milk Bean Salad 1% Low-fat Milk 1% Low-fat Milk Chocolate Skim Milk Sides for All Meals · Chocolate Skim Milk Sides for All Meals Chocolate Skim Milk 1% Low-fat Milk 1% Low-fat Milk Chocolate Skim Milk Chocolate Skim Milk 19 20 17 18 16 Main Entrees Main Entrees Main Entrees Main Entrees Main Entrees Chicken Nuggets Rotini Tossed in Italian Meat Rotini Tossed in Italian Meat Macaroni and Cheese Chicken Nuggets Crinkle Cut French Fries Fresh Broccoli Florets Sauce Crinkle Cut French Fries Sauce Unsweetened Applesauce Sweet Mustard Dressing **Orange Glazed Carrots** Sweet Mustard Dressing Orange Glazed Carrots Sides for All Meals Fresh Red Delicious Apple Fruit Cocktail Fruit Cocktail Fresh Red Delicious Apple Sides for All Meals Sides for All Meals Dinner Roll Corn & Black Bean Salsa Corn & Black Bean Salsa 1% Low-fat Milk Dinner Roll Dinner Roll Salad Salad 1% Low-fat Milk Sides for All Meals Sides for All Meals 1% Low-fat Milk Chocolate Skim Milk Dinner Roll Chocolate Skim Milk Dinner Roll Chocolate Skim Milk 1% Low-fat Milk 1% Low-fat Milk Chocolate Skim Milk Chocolate Skim Milk 24 25 26 27 23 No School Thanksgiving - No School No School **Main Entrees** Main Entrees Tuna Salad Sub Chicken Parmesan Fresh Celery Sticks Fresh Carrots Fresh Banana Applesauce Sides for All Meals Sides for All Meals 1% Low-fat Milk 1% Low-fat Milk Chocolate Skim Milk Chocolate Skim Milk 30 Menus Subject to Change We Main Entrees

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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Sesame Soy Roasted Carrots as posted; however, sometimes

Classic Chicken Sandwich

Chilled Peaches

1% Low-fat Milk

Chocolate Skim Milk

Sides for All Meals

# November 2020

Valleyview **Breakfast** 

**THURSDAY FRIDAY** WEDNESDAY MONDAY **TUESDAY** 5 6 2 3 4 Main Entrees **Main Entrees** Main Entrees Main Entrees Main Entrees Cinnamon Toast Crunch Banana Muffin Cinnamon Toast Crunch Banana Muffin Bagel Low Fat Mozzarella String Low Fat Mozzarella String Cereal Low Fat Mozzarella String Cereal Honey Graham Crackers Cheese Cheese Honey Graham Crackers Cheese Sides for All Meals Sides for All Meals Sides for All Meals Sides for All Meals Light Cream Cheese Assorted Fruit Juice Sides for All Meals · Assorted Fruit Juice Assorted Fruit Juice Assorted Fruit Juice Fresh Banana · Chilled Peaches Fresh Red Delicious Apple Chilled Peaches Assorted Fruit Juice Fresh Orange Wedges Milk & Condiments Milk & Condiments Milk & Condiments Milk & Condiments 1% Low-fat Milk 1% Low-fat Milk Milk & Condiments 1% Low-fat Milk 1% Low-fat Milk 1% Low-fat Milk · Chocolate Skim Milk 11 12 13 9 10 **Main Entrees** Main Entrees **Main Entrees Main Entrees** Main Entrees Reduced Sugar Trix Golden Grahams Cereal Bar Golden Grahams Cereal Bar Reduced Sugar Trix Bagel Honey Graham Crackers Low Fat Mozzarella String Low Fat Mozzarella String Honey Graham Crackers Low Fat Mozzarella String Sides for All Meals Cheese Sides for All Meals Cheese Cheese Sides for All Meals Assorted Fruit Juice Sides for All Meals Light Cream Cheese Assorted Fruit Juice Sides for All Meals Fruit Cocktail Assorted Fruit Juice Assorted Fruit Juice Fresh Red Delicious Apple Fresh Banana Milk & Condiments Milk & Condiments Fruit Cocktail Assorted Fruit Juice Milk & Condiments Fresh Orange Wedges · 1% Low-fat Milk Milk & Condiments 1% Low-fat Milk · Chocolate Skim Milk • 1% Low-fat Milk Milk & Condiments Chocolate Skim Milk 1% Low-fat Milk Chocolate Skim Milk 1% Low-fat Milk · Chocolate Skim Milk Chocolate Skim Milk 20 19 16 17 18 Main Entrees Main Entrees **Main Entrees** Main Entrees Main Entrees · Lucky Charms · Golden Grahams Cereal Bar Golden Grahams Cereal Bar Bagel Lucky Charms Honey Graham Crackers Low Fat Mozzarella String Low Fat Mozzarella String Low Fat Mozzarella String Honey Graham Crackers Sides for All Meals Cheese Cheese Cheese Syrup Sides for All Meals Light Cream Cheese Assorted Fruit Juice Sides for All Meals Sides for All Meals Sides for All Meals **Chilled Diced Pears** Assorted Fruit Juice Assorted Fruit Juice Assorted Fruit Juice Fresh Banana Milk & Condiments **Assorted Fruit Juice** Fresh Red Delicious Apple Chilled Diced Pears Fresh Orange Wedges · 1% Low-fat Milk Milk & Condiments Milk & Condiments Milk & Condiments Milk & Condiments · Chocolate Skim Milk 1% Low-fat Milk 1% Low-fat Milk 1% Low-fat Milk · Chocolate Skim Milk 1% Low-fat Milk Chocolate Skim Milk Chocolate Skim Milk Chocolate Skim Milk 26 27 23 24 25 No School Thanksgiving - No School Main Entrees **Main Entrees** No School Reduced Sugar Trix Golden Grahams Cereal Bar Honey Graham Crackers Low Fat Mozzarella String Cheese Sides for All Meals Sides for All Meals Assorted Fruit Juice

### 30

#### **Main Entrees**

Cinnamon Toast Crunch Cereal

Fresh Red Delicious Apple

Milk & Condiments

1% Low-fat Milk · Chocolate Skim Milk

- Honey Graham Crackers Sides for All Meals
- Assorted Fruit Juice
- Fresh Red Delicious Apple
- Milk & Condiments
- 1% Low-fat Milk
- Chocolate Skim Milk

- Assorted Fruit Juice
- Applesauce
- Milk & Condiments
- 1% Low-fat Milk

have any concerns.

Chocolate Skim Milk

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