

# NOVEMBER



**wake up!**

School Breakfast

**Monday** - Turkey

Sausage Pizza

**Tuesday** - Chocolate

Chip Muffin Top

**Wednesday** - Assorted

Cereals or Oatmeal

**Thursday** -

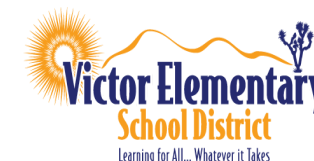
Pancake/Sausage on a Stick

**Friday** - Pan Dulce

*Two fruit options and milk provided daily*

*What makes a Great Breakfast*  
Select at least 3 items!

One must be a



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Orange Chicken Steamed Brown Rice Steamed Peas Fresh Green Apple	2 Homemade Beef Spaghetti Garlic Breadstick Simmered Green Beans Mixed Fruit Cup	3 Pepperoni Pizza Wedge Italian Corn Fresh Pear	4 Mini Corn Dogs Mixed Veggies Diced Peach Cup
7 Asian Pork BBQ Flatbread Cucumber Salad Mandarin Orange Cup	8 Turkey Soft Taco Spanish Rice Elote Corn Salad Fresh Red Apple	9 Meatball Sub Sandwich Seasoned Potato Wedges Diced Pear Cup	10 Cheese Pizza Quesadilla Steamed Green Peas Fresh Orange	11  <b>No School</b>
14 Turkey Shaped Chicken Nuggets Simmered Green Beans Snickerdoodle Cookie Peach Cup	15 BBQ Grilled Chicken Sandwich Steamed Green Peas Pineapple Tidbits	16 Rolled Beef Tacos Fiesta Corn Sliced Pears	17 Roast Turkey & Gravy Buttery Mashed Potatoes Dinner Roll Apple Pie Ice	18 Toasty Grilled Cheese Vegetable Medley Mixed Fruit Cup
21	22	23	24	25
<h2 style="border: 1px solid black; padding: 10px; display: inline-block;">Fall Break - No School</h2>				
28 Teriyaki Beef Dunkers Rice Pilaf Bread Slice Steamed Peas Diced Pear Cup	29 Chicken Fajita Chips and Salsa Steamed Corn Fresh Green Apple	30 Deluxe Hamburger Cheese Slice Crinkle Cut Fries Mixed Fruit Cup	<b>December 1</b> Cheese Pizza Wedge Simmered Green Beans Fresh Orange	<b>December 2</b> Italian Cheese Pull-Aparts Vegetable Medley Diced Pear Cup

**VESD Students eat at no cost.** Menu subject to change. Questions? Call us at (760) 245-5221.

This institution is an equal opportunity provider.

**\*\*Fresh Salad Bar Offered Daily\*\***

All Bread and Tortillas are Whole Wheat.