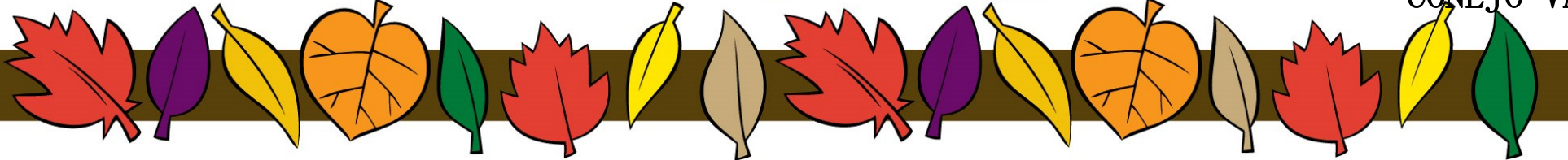


# November

## NFL Lunch Menu

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

### 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Lasagna Roll Ups %^~@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	<b>3</b> <b>UPSIDE DOWN DAY!</b> Pancake Breakfast Bowl ^+ 1M, 2 G Green Beans Seasonal Fresh Fruit	<b>4</b> Cheese Enchiladas ^+\$\$@ 1.5ozM Corn 1/2 cup V Fresh Fruit .5 Cup F	<b>5</b> Chicken Nuggets \$^+@ 2oz. M, 1oz G Grape Tomatoes Tater Tots Seasonal Fresh Fruit	<b>6</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit 1/2 cup F
<b>9</b> Popcorn Chicken 2M Green Beans 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	<b>10</b> Chicken Patty 1.5M 1 G Carrots Seasonal Fresh Fruit	<b>11</b> <b>SCHOOL HOLIDAY</b>	<b>12</b> Mini Ravioli %^~@ 2 oz M, 2 oz G Green Beans 1/2 cup V Apple Slices 1/2 cup F	<b>13</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G2M Carrots 1/2 cup V Seasonal Fresh Fruit 1/2 cup F
<b>16</b> Lasagna Roll Ups %^~@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	<b>17</b> <b>UPSIDE DOWN DAY!</b> Waffle Breakfast Bowl ^+ 2M, 2 G Corn 1/2cup V Applesauce 1/2 cup F	<b>18</b> Chicken Nuggets \$^+@ 2oz. M, 1oz G Carrots 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	<b>19</b> <b>PICNIC IN A BOX!</b> ^+\$\$%@ Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Celery Sticks 1/2 cup V	<b>20</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Grape Tomatoes 1/2 cup Fresh Fruit 1/2 cup
<b>23</b> Popcorn Chicken 2M Green Beans 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	<b>24</b> Chicken Patty 1.5M 1 G Carrots Seasonal Fresh Fruit	<b>25</b> <b>SCHOOL HOLIDAY</b>	<b>26</b> <b>SCHOOL HOLIDAY</b>	<b>27</b> <b>SCHOOL HOLIDAY</b>
<b>30</b> Lasagna Roll Ups %^~@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F				

**All lunches  
Are served with  
Choice of  
Milk  
• Non Fat  
• 1%  
8 oz. M**

- Peanuts!!
- Pork\*                  Beef#
- Whey+                  Soy\$
- Corn>                  Wheat+
- Milk@                  Gluten^
- Eggs%                  Fish

**ALL GRAINS ARE WHOLE  
GRAIN RICH**

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