

November

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

Child Care

Lunch Menu

2021



Monday	Tuesday	Wednesday	Thursday	Friday
1 TacoNada 2 oz M 2 oz G ^+@\$ Tater Tots 1/2 cup V Vegetable 1/2 cup V Fresh Fruit 1/2 cup	2 UPSIDE DOWN DAY! Pancake Breakfast Bowl %^+ 2M,2 G Seasonal Fresh Fruit 1/2 cup F	3 Grilled Cheese Sandwich ^+@ 2 oz M, 2 oz G Side Salad 1/2 cup V Seasonal Fresh Fruit 1/2 cup F	4 Chicken Nuggets \$^+@ 2M, 1G Vegetable 1/2 cup V Tater Tots 1/2 cup V Seasonal Fresh Fruit 1/2 cup F String Cheese @ 1M	5 PIZZA FRIDAY! Cheese Pizza \$^+@ 2G 2M Vegetable 1/2 cup V Fresh Fruit .5 Cup F
8 Popcorn Chicken +^% 2M Tater Tots 1/2 cup V Side Salad 1/2 cup V Fresh Fruit 1/2 cup F	9 Chicken Patty %\$^+ 2 oz M 1 oz G Vegetable 1/2 cup V Fruit 1/2 cup F	10 Double Dogs ^+\$ 2ozM 1oz G Tater Tots 1/2cup V Veggie 1/2cup V Fruit 1/2cup F	11 NO SCHOOL	12 PIZZA FRIDAY! Cheese Pizza \$^+@ 2G 2M Vegetable 1/2 cup V Fresh Fruit .5 Cup F
15 Mini Corn Dog \$^+ 2 oz M, 2 oz G Vegetable 1/2 cup V Fruit 1/2 cup F	16 UPSIDE DOWN DAY! Waffle Breakfast Bowl ^+ 2M, 2 G Vegetable 1/2 cup V Seasonal Fresh Fruit 1/2 cup F	17 Chicken Nuggets \$^+@ 2M, 1G Tater Tots 1/2cup V Vegetable 1/2 cup V Fresh Fruit .5 Cup F	18 Turkey Sandwich +^ 2M, 2 G Seasonal Fresh Fruit 1/2 cup F Vegetable 1/2 cup V	19 PIZZA FRIDAY! Cheese Pizza \$^+@ 2G 2M Vegetable 1/2 cup V Fresh Fruit .5 Cup F
22 Lasagna %^+@ 2M 1G Vegetable 1/2 cup V Fruit 1/2 cup F	23 Turkey Hot Dog ^+ 2 oz M 1 oz G Vegetable 1/2 cup V Fruit 1/2 cup F	24 NO SCHOOL	25 HAPPY THANKSGIVING	26 NO SCHOOL
29 TacoNada 2 oz M 2 oz G ^+@\$ Tater Tots 1/2 cup V Vegetable 1/2 cup V Fresh Fruit 1/2 cup	30 UPSIDE DOWN DAY! Pancake Breakfast Bowl %^+ 2M,2 G Seasonal Fresh Fruit 1/2 cup F			

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

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

**ALL GRAINS ARE WHOLE
GRAIN RICH**

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