



# ALEXANDER VALLEY SCHOOL

## NOVEMBER BREAKFAST & LUNCH MENU



**FREE BREAKFAST & LUNCH TO ALL CHILDREN**

**AGES 1 TO 18 YEARS OF AGE**

**MONDAY TO FRIDAY FROM 9:00 am to 11:30 am**




**at HUSD**

**To order for pick up at AVS, please have your student tell**

**- Pick up times at AVS start at noon.**



**ALL GRAIN PRODUCT IS 51% WHOLE GRAIN  
MORE FRUIT MORE VEGETABLE CHOICES  
EVERYDAY HEALTHY HOME MADE MEALS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 <b>WG CEREAL</b> <b>FRESH FRUIT/MILK</b> WG BEEF SPAGHETTI WG DINNER ROLL BAKED GREEN BEANS FRESH FRUIT	4 <b>WG HOMEMADE MUFFIN</b> <b>100%JUICE /MILK</b> WG CHICKEN RICE BURRITOS REFRIED BEANS SALSA /CHEESE CUPS GUACAMOLE CUPS <b>FRESH APPLE</b>	5 <b>WG SAUSAGE MUFFIN</b> <b>FRESH FRUIT/MILK</b> BEEF PATTY ON WG HAMBURGER BUN POTATO FRIES KETCHUP/MUSTARD/MAYO DICED PEACHES CUPS	6 <b>WG BREAKFAST PIZZA</b> <b>APPLE SAUCE CUPS / MILK</b> DELI TURKEY AND CHEESE SAND GREEN SALAD & LOW FAT RANCH 100% FRUIT JUICE MAYO & MUSTARD HOMEMADE COOKIE	
9 <b>WG CROISSANT</b> <b>&amp; Yogurt Cup</b> <b>DICED PEARS / MILK</b> WG CHICKEN STRIPS POTATO TOTS 100% FRUIT JUICE KETCHUP & BBQ SAUCE	10 <b>YOGURT PARFAIT</b> <b>FRESH FRUIT/ MILK</b> WG ORANGE CHICKEN W/ RICE STEAMED BROCCOLI ORANGE WEDGES HOMEMADE COOKIE	 11 <b>HONORING ALL WHO SERVED</b> <b>VETERANS DAY</b> UNITED STATES OF AMERICA	12 <b>BREAKFAST PIZZA</b> <b>100% JUICE /MILK</b> WG CHICKEN ALFREDO PASTA W/ STEAMED CARROTS 100% FRUIT JUICE	13 <b>WG BAGELW/CREAM CHEESE</b> <b>DICED PEACH CUPS/MILK</b> SUN BUTTER & JELLY SAND GREEN SALAD & LOW FAT RANCH FRESH APPLES
16 <b>WG BANANNA BREAD</b> <b>FRESH ORANGE WEDGE/MILK</b> CARNE ASADA MEAT CORN TORTILLA SHREDDED LETTUCE & TOMATOES MIXED FRUIT CUPS SALSA	17 <b>WG HOMEMADE MUFFIN</b> <b>100% JUICE/MILK</b> BOSCO STICKS MARINARA SAUCE CUPS FRESH FRUIT WG COOKIE	18 <b>WG BREAKFAST BURRITO</b> <b>MIXED FRUIT CUPS /MILK</b> WG RED CHILI ENCHILADAS SPANISH RICE REFRIED BEANS FRESH PEARS GUACAMOLE CUPS SOUR CREAM	19 <b>YOGURT PARFAIT</b> <b>MILK</b> HOT DOGS WG BUN BABY CARROTS & RANCH KETCHUP/MUSTARD/MAYO 100% FRUIT JUICE	20 <b>WG PUMPKIN MUFFIN</b> <b>100% JUICE/MILK</b> TURKEY AND GRAVY MASHED POTATOES DINNER ROLL APPLE CRISP THANKSGIVING COOKIE
23			27	24
23	30 <b>WG CEREAL</b> <b>FRESH FRUIT/MILK</b> WG CORN DOGS POTATO TOTS SPICED APPLESAUCE CUPS KETCHUP/MUSTARD	1 <b>WG FRENCH TOAST STICKS</b> <b>FRUIT CUP/MILK</b> WG EGG ROLLS VEGGIE CHOW MEIN CARROTS W/ RANCH 100% FRUIT JUICE		

**"ALEXANDER VALLEY UNIFIED SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"**