

NOVEMBER 2018

La Mirada Academy (p) Contains Pork (v) Vegetarian WG=Whole Grain

This institution is an equal opportunity provider. Child Nutrition Services Menus & Nutrition Facts available at: www.smusd.org/cns

Menu Subject to Change

Monday

Tuesday

Wednesday

Thursday

B: Maple Mini Pancakes OR Cereal with Grahams (v)

L: Mini Corn Dogs Hamburger or Cheeseburger Yogurt (v) & Fresh Baked Muffin

B: House Baked Muffin OR Cereal with Grahams (v)

Friday

L: Beef Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v)

B: Mexican Breakfast Bread OR Cereal with Grahams (v)

L: Orange Chicken & WG Rice **Chicken Bites**

Hummus, String Cheese, Sunflower Seeds & WG Grain Crackers (v)

B: Mini Eggo Waffles OR Cereal with Grahams (v)

L: BBQ Pork Sliders (p) Grilled Burrito (v) Cheese Sandwich (v)

B: Bagel & Cream Cheese OR Cereal with Grahams (v)

L: Spaghetti with Garlic Toast Hot Chicken Sandwich Chef's Salad (can be veg)

B: Cinnamon Yogurt Bread OR Cereal with Grahams (v)

L: Baked Chicken N' Biscuit Hamburger or Cheeseburger Yogurt (v) & Fresh Baked Muffin B: Mini Maple Pancakes OR Cereal with Grahams (v)

L: Chicken Soft Tacos Cheese (v) or Pepperoni (p) Pizza

Cheese Sandwich (v) All Lunches "Patriotic Crackers"



Veteran's **Day Holiday**

Thank you to all who Serve and Have Served Our Country!

B: Cocoa Breakfast Bread OR Cereal with Grahams (v)

L: Teriyaki Chicken & WG Rice Grilled Burrito (v) Cheese Sandwich (v)

B: Banana Breakfast Bar OR Cereal with Grahams (v) ******

L: Bosco Cheese Sticks With Marinara Hot Chicken Sandwich Chef's Salad (can be veg) **B: Maple Mini Pancakes** OR Cereal with Grahams (v)

L: Mini Corn Dogs Hamburger or Cheeseburger Yogurt (v) & Fresh Baked Muffin All Lunches "Munch Mix"

B: House Baked Muffin OR Cereal with Grahams (v) ******

L: Beef Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v)

All Lunches "Frozen Fruit Juice Treat"



SCHOOL CLOSED Thanksgiving Recess 11/19 - 11/23

B: Mexican Breakfast Bread OR Cereal with Grahams (v)

L: Orange Chicken & WG Rice **Chicken Bites** Hummus, String Cheese, Sunflower Seeds & WG Grain Crackers (v)

SCHOOL CLOSED 20



OR Cereal with Grahams (v)

L: BBQ Pork Sliders (p) Grilled Burrito (v) Cheese Sandwich (v) All Lunches "All Sport Crackers" SCHOOL CLOSED 21



B: Bagel & Cream Cheese OR Cereal with Grahams (v)

L: Spaghetti with Garlic Toast Hot Chicken Sandwich Chef's Salad (can be veg)

SCHOOL CLOSED Happy Thanksgiving



B: Cinnamon Yogrut Bread
OR Cereal with Grahams (v)

L: Baked Chicken N' Biscuit Hamburger or Cheeseburger Yogurt (v) & Fresh Baked Muffin

SCHOOL CLOSED 73



B: House Baked Muffin OR Cereal with Grahams (v)

L: Chicken Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v)

PAY FOR MEALS ONLINE

Rotations: Weeks 1, 3, 5 Mon: Raisins, Orange Juice, Carroteenies, Salad Cup, Tues: Fresh Fruit, Pear Cup, BBQ Beans, Salad Cup, Wed: Peach Cup, AppleBerry Juice, Jicama, Salad Cup, Thurs: Craisins, Frozen Straw/Peach Cup, Veggie Juice, Salad Cup, Fri: Fresh Fruit, Mixed Fruit Cup, Jicama, Salad Cup

Rotations: Weeks 2,4 Mon: Applesauce Cup, Orange Juice, Carroteenies, Salad Cup, Tues: Pineapple Cup, Frozen Straw/Peach Cup, Vegetarian Beans, Salad Cup, Wed: Fresh Fruit, Apple Berry Juice, Grape Tomatoes, Salad Cup, Thurs: Mandarin Orange Cup, Raisels, Veggie Juice, Salad Cup, Fri: Fresh Fruit, Tropical Fruit Cup, Jicama, Salad Cup