



Maryvale Prep Breakfast Menu November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 POPTART YOGURT STICK FRUIT	2 HAM & CHEESE BAGEL MELT FRUIT	3 Early Release Day WHOLE GRAIN WAFFLES FRUIT	4 CEREAL BAR MUFFIN FRUIT
7 WHOLE GRAIN CEREAL TOAST FRUIT	8 WHOLE GRAIN BAGEL W/ CREAM CHEESE & JELLY FRUIT	9 SAUSAGE BISCUIT FRUIT	10 Early Release Day WHOLE GRAIN PANCAKES FRUIT	11 School Closed Veterans Day 
14 WHOLE GRAIN CEREAL HONEY CRACKERS FRUIT	15 POPTART YOGURT STICK FRUIT	16 BREAKFAST PIZZA BAGEL FRUIT	17 Early Release Day OATMEAL & TOAST FRUIT	18 CEREAL BAR MUFFIN FRUIT
21 WHOLE GRAIN CEREAL TOAST FRUIT	22 WHOLE GRAIN BAGEL W/ CREAM CHEESE & JELLY FRUIT	23 Early Release Day CEREAL BAR MUFFIN FRUIT	24 School Closed	25 School Closed 
28 WHOLE GRAIN CEREAL HONEY CRACKERS FRUIT	29 POPTART YOGURT STICK FRUIT	30 WHOLE GRAIN FRENCH TOAST FRUIT		





Alternative Fruit,
Skim & 1% Milk
Offered Daily



"The U.S. Dietary Guidelines recommends that we eat more whole grain. Cereal is one of the best ways to get the whole grain"

Menu is subject to change due to product availability
"The USDA institution is an equal opportunity provider and employer"

Maryvale Prep Lunch Menu November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CRISPY BEEF TACOS RICE & BEANS LETTUCE & TOMATO FRUIT	2 CHICKEN SANDWICH CELERY & CUCUMBERS FRUIT	3 Early Release Day PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	4 CALZONE SALAD MIX & CARROTS FRUIT
7 CHICKEN TENDERS MAC & CHEESE CORN & CARROTS FRUIT	8 BEEF BURRITO BEANS LETTUCE & TOMATO FRUIT	9 SPAGHETTI W/ MEATSAUCE CARROTS & CUCUMBERS FRUIT	10 Early Release Day PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	11 School Closed Veterans Day 
14 BONELESS CHICKEN WINGS & BREAD CARROTS & CELERY FRUIT	15 CHEESE AND BEAN NACHOS LETTUCE & TOMATO CELERY FRUIT	16 HAMBURGER LETTUCE & TOMATO WEDGE PICKLE FRUIT	17 Early Release Day PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	18 COLD CUT SANDWICH CELERY & CUCUMBERS FRUIT
21 CORN DOG PASTA SALAD W/ HAM CELERY & CORN FRUIT	22 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	23 Early Release Day TURKEY & STUFFING MASHED POTATOES & GRAVY GREEN BEANS & ROLL FRUIT	24 School Closed	25 School Closed 
28 TURKEY HOT DOG PASTA SALAD W/ HAM GARBANZOS & CORN FRUIT	29 TAQUITOS RICE & BEANS LETTUCE & TOMATO FRUIT	30 BAKED MARINARA BEEF ZITI SALAD MIX & CUCUMBERS FRUIT		

Happy Thanksgiving



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Skim & 1% Milk
Offered Daily



Cold food option is available daily
except on pizza days.

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