### Monday-Nov. 4
**Bosco Cheese Sticks W/Marinara**
- Vegetarian Option: Homemade Grilled Cheese Sandwich
- Assorted Deli Sandwiches
- Palitos de Queso con Salsa Marinara

### Tuesday-Nov. 5
**Pupil Free Day**

### Wednesday-Nov. 6
**Orange Chicken**
- Steamed Rice & Broccoli
- Or Popin’ Chicken Salad
- Vegetarian Option: Protein Box w/Bagel
- Pollo Sabor Naranja

### Thursday-Nov. 7
**Beef Taco**
- Hard or Soft Spanish Rice & Corn

### Friday-Nov. 8
**PIZZA FRIDAY!**
- Cheese or Pepperoni Pizza
- Garden Salad
- Assorted Deli Sandwiches
- Pizza de Queso o Salchicha

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### Monday-Nov. 11
**VETERAN’S HOLIDAY**

### Tuesday-Nov. 12
**Crispy Chicken Sandwich**
- Baked Cross Trax Fries
- Assorted Deli Sandwiches
- Vegetarian Option: Hummus Box
- Sandwich de Pollo empanizado

### Wednesday-Nov. 13
**Teriyaki Chicken or General Tso Chicken**
- Brown Rice
- Or Chicken Cesar Salad
- Assorted Deli Sandwiches
- Vegetarian Option: Protein Box w/Bagel
- Pollo con Salsa de Teriyaki o Tso

### Thursday-Nov. 14
**Hamburger/Cheese Burger**
- Lays Potato Chips
- Or Broccoli Slaw
- Assorted Deli Sandwiches
- Vegetarian Option: Homemade Burrito
- Haga su Propia Hamburguesa

### Friday-Nov. 15
**PIZZA FRIDAY!**
- Cheese or Pepperoni Pizza
- Tossed Salad
- Assorted Deli Sandwiches
- Pizza de Queso o Salchicha

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### Monday-Nov. 18
**Baked Chicken Tenders**
- Steamed Cauliflower & Carrots
- Vegetarian Option: Homemade Grilled Cheese Sandwich
- Assorted Deli Sandwiches
- Palitos de Pollo

### Tuesday-Nov. 19
**Brunch For Lunch**
- Waffle Sticks, Beef Sausage Patty, Baked Tater Tots, 100% Juice
- Assorted Deli Sandwiches
- Vegetarian Option: Hummus Box
- Sandwich de Pollo horneado

### Wednesday-Nov. 20
**Baked Macaroni Au Gratin**
- Steamed Broccoli, Assorted Fruit, Assorted Deli Sandwiches
- Vegetarian Option: Grilled Cheese Sandwich
- Macarrones

### Thursday-Nov. 21
**Shepard’s Pie or BBQ Beef Rib Sandwiches**
- Roasted Zucchini and Mashed Potatoes
- Assorted Deli Sandwiches
- Vegetarian Option: Homemade Burrito
- Carne con puré de papas o Sandwich de Costillas

### Friday-Nov. 22
**PIZZA FRIDAY!**
- Cheese or Pepperoni Pizza
- Garden Salad
- Assorted Deli Sandwiches
- Pizza de Queso o Salchicha

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### Monday-Nov. 25
**Cheese Quesadilla or Bean and Cheese Burrito**
- Vegetarian Option: Homemade Grilled Cheese Sandwich
- Assorted Deli Sandwiches
- Quesadilla o Burrito de Frijoles con Queso

### Tuesday-Nov. 26
**Oven Baked Chicken**
- Mashed Potatoes w/Gravy Corn
- Assorted Deli Sandwiches
- Vegetarian Option: Hummus Box
- Palitos de Waffle

### Wednesday-Nov. 27
**PIZZA Wednesday!**
- Cheese or Pepperoni Pizza
- Green Salad
- Or Chef Salad
- Assorted Deli Sandwiches
- Vegetarian Option: Protein Box w/Bagel
- Pizza de Queso o Salchicha

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**NO SCHOOL**

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Menus & Food & Nutrition Info can be found on our website at [www.smmusd.org/foodservices](http://www.smmusd.org/foodservices)

Suggestions or questions, email: fns@smmusd.org

This Institution is an Equal Opportunity Provider
**HARVEST OF THE MONTH**

**Health and Learning Success Go Hand-in-Hand:** Eating a balanced diet rich in fruits, vegetables and whole grains supports a healthy body and mind. With Harvest of the Month, your family can explore, taste and learn about fruits and vegetables and being active every day.

**Healthy Serving Ideas - Pears:**
- Cut a pear in half and remove the core. Fill the center of each half with all-natural peanut butter or low fat yogurt. Sprinkle with granola and cinnamon for a healthy snack.
- Add sliced pears to spinach salads.
- Enjoy a whole pear for an afternoon snack.
- Talk with your child about fruits and vegetables that are in season. Find a recipe and make it together. For more ideas visit: www.calpear.com.

**Produce Tips:**
- Choose pears that look colorful and fresh with no bruises or holes.
- Test for ripeness by pressing gently near the stem. If it feels soft, it is ready to eat.
- To ripen a pear, place on countertop, in a bowl, or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the refrigerator.
- To keep sliced pears from turning brown, dip them into a mixture of one tablespoon 100% apple juice and one cup water.

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**2-Week Cycle Elementary Breakfast Menu**

<table>
<thead>
<tr>
<th>Cycle Date</th>
<th>Coffee Cake Or Cereal w/ Graham Crackers</th>
<th>Biscuit w/Sausage Or Cereal w/ String Cheese</th>
<th>Pancakes Or Cereal w/ Graham Crackers</th>
<th>Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese</th>
<th>Banana Bread Or Cereal w/ Graham Crackers</th>
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<tbody>
<tr>
<td>Cycle 1 Nov. 2</td>
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<td>Nov. 12-16</td>
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<td>Nov. 26-30</td>
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<td>Cycle 2 Nov. 5-9</td>
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<tr>
<td>Nov. 19-21</td>
<td>Blueberry Muffin Or Cereal w/String Cheese</td>
<td>Eggo Waffle Or Cereal w/Graham Crackers</td>
<td>Breakfast Pizza Bagel Or Cereal w/Graham Crackers</td>
<td>French Toast Sticks Or Cereal w/ String Cheese</td>
<td>Build Your Own Yogurt Parfait Or Cereal w/String Cheese</td>
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</tbody>
</table>

**Offered with Every Breakfast:** Fruit: Assorted 4oz juice, fresh, or canned - Milk offered Daily: 1% and nonfat white

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**Did you know? You may qualify for CalFresh and/or Affordable Health Care Benefits? Visit Virginia Avenue Park Tuesdays, 8 am - 5 pm. For more information/appointments call 310-458-8688**

**Opt out of Nonfat Chocolate Milk via email at fns@smmusd.org**

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**MEAL PRICES**

- Elementary Full Price Breakfast-$1.75
- Secondary Full Price Breakfast-$2.00
- Reduced Breakfast-$0.30
- Elementary Full Price Lunch-$3.75
- Secondary Full Price Lunch-$4.25
- Reduced Lunch-$0.40

Adult Prices: Breakfast-$2.75

Lunch-$4.75