

November Breakfast

West Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4	5	6	7	8
Corn Chex Cereal Berry Apple Crisp Bar Vanilla Concha	Pancakes w/ Syrup Cinnamon Chex Cereal w/ Honey Grahams Yogurt w/ Honey Grahams	Banana Bread	Cranberry Oatmeal Round Cinnamon Chex Cereal w/ Honey Grahams Breakfast Burrito	Waffle w/ Syrup Conchita w/ String Cheese Apple Jacks Cereal w/ Honey Grahams
11	12	13	14	15
No School	Cinnamon Chex Cereal w/ Honey Grahams Vanilla Concha	Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal Apple Jacks Cereal w/ Honey Grahams	Chocolate Chip Muffin Top Egg & Cheese English Muffin Sandwich	Cinnamon Roll Sausage & Cheese Stuffed Waffle
18	19	20	21	22
Cinnamon Crumble Froot Loops Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Pancakes w/ Syrup Cinnamon Chex Cereal w/ Honey Grahams Fruit & Yogurt Smoothie w/ Granola	Banana Bread Cheerios Cereal w/ Honey Grahams	Sweet Potato Sunrise Muffin Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	Conchita w/ String Cheese Apple Jacks Cereal w/ Honey Grahams
25	26	27	28	29
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break

<i>Breakfast Includes:</i>	<i>Featured Fruit:</i>	<i>RevUp Rewards:</i>
Choice of Fat Free White Milk or 1% Low Fat White Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams	Apple (1/2 C), Applesauce Cup (1/2 C), Pear (1/2 C), 100% Fruit Juice 4 oz, Apple Slices (1/2 C), Orange (1/2 C), Banana (1/2 C), Dried Cranberries (1/2 C), Tangerine (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards



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Berry Apple Crisp Bar Vanilla Concha	Pancakes w/ Syrup Cinnamon Chex Cereal w/ Honey Grahams Yogurt w/ Honey Grahams	Banana Bread Cheerios Cereal w/ Honey Grahams	Cranberry Oatmeal Round Cinnamon Chex Cereal w/ Honey Grahams Breakfast Burrito	Waffle w/ Syrup Conchita w/ String Cheese Apple Jacks Cereal w/ Honey Grahams
11	12	13	14	15
NO SCHOOL	Cinnamon Chex Cereal w/ Honey Grahams Vanilla Concha	Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal Apple Jacks Cereal w/ Honey Grahams	Chocolate Chip Muffin Top Apple Jacks Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Cinnamon Roll Cheerios Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle
18	19	20	21	22
Cinnamon Crumble Froot Loops Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Pancakes w/ Syrup Cinnamon Chex Cereal w/ Honey Grahams Fruit & Yogurt Smoothie w/ Granola	Banana Bread Cheerios Cereal w/ Honey Grahams	Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	Conchita w/ String Cheese Apple Jacks Cereal w/ Honey Grahams
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Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
Breakfast Includes:	Featured Fruit:	RevUp Rewards:		
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Hamburger w/ Oven Baked Fries Turkey & Cheese Knot Sandwich w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes	Italian Turkey Trio on Cheesy Foccacia w/ Baby Carrots Cheese Pizza Kit Penne & Meat Sauce w/ Diced Carrots	Turkey & Cheese Cracker Kit w/ Baby Carrots Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips	BBQ Chicken w/ Baked Beans & Dinner Roll Southwest Chicken Salad Roll Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
11	12	13	14	15
No School	Turkey & Cheese Sub Sandwich w/ Baby Carrots Hummus, Flatbread & Egg Kit w/ Baby Carrots Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams	'P&B&J Sandwich Kit (Seedbutter) w/ Baby Carrots Chicken Caesar Salad with Dinner Roll & Croutons	Turkey & Cheese Cracker Kit w/ Roasted Fava Beans Turkey Nachos w/ Refried Beans & Tostitos Chips	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
18	19	20	21	22
Hot Dog w/ Oven Baked Fries Turkey & Cheese Knot Sandwich w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes	Cheese Pizza Kit Penne & Meat Sauce w/ Diced Carrots Cheese Tamale w/ Black Beans	Turkey & Cheese Cracker Kit w/ Baby Carrots Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips	Grill Day Cheeseburger w/ Lettuce and Tomato Grill Day Veggie Burger w/ Lettuce & Tomato	Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots Wowbutter (Soybutter) & Jelly Sandwich Bean & Cheese Pupusa w/ Curtido Salad
25	26	27	28	29
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% Low Fat White or Fat Free White Milk or Fat Free Chocolate Milk Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance	Friday: Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Monday: Baby Carrots (1/4 C), Side of Oven Baked Fries (1/2 C) Tuesday: Baby Carrots (1/2 C) Wednesday: Roasted Chickpeas, Baby Carrots (1/4 C) Thursday: Cucumber Slices (1/4 C) w/ Tajin, Celery Sticks (1/4 C)	Banana (1/2 C), 100% Fruit Juice 4 oz, Grapes (1/2 C), Tangerine (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	



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Hamburger w/ Oven Baked Fries Hot Dog w/ Oven Baked Fries Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	Cheese Pizza Kit Penne & Meat Sauce w/ Diced Carrots Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Broccoli Cheese Tamale w/ Black Beans	Turkey & Cheese Cracker Kit w/ Baby Carrots Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips	BBQ Chicken w/ Baked Beans & Dinner Roll Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
11	12	13	14	15
NO SCHOOL	Turkey & Cheese Sub Sandwich w/ Baby Carrots Hummus, Flatbread & Egg Kit w/ Baby Carrots Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams	Chicken Caesar Salad with Dinner Roll & Croutons Chicken Bites w/ Mashed Potatoes	Turkey & Cheese Cracker Kit w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans Turkey Nachos w/ Refried Beans & Tostitos Chips Holiday Meal- Turkey & Gravy w/ Mashed Potatoes & Dinner Roll	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
18	19	20	21	22
Hamburger w/ Oven Baked Fries Hot Dog w/ Oven Baked Fries Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	Cheese Pizza Kit Penne & Meat Sauce w/ Diced Carrots Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Broccoli	Turkey & Cheese Cracker Kit w/ Baby Carrots Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips	Cheeseburger Grill Day at West	Beef, Bean & Cheese Burrito Cheese Pizza Wowbutter (Soybutter) & Jelly Sandwich Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots
25	26	27	28	29
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<i>Lunch Includes:</i>	<i>Veg of the Day:</i>	<i>Featured Fruit:</i>	<i>RevUp Rewards:</i>	
Choice of 1% Low Fat White or Fat Free White Milk or Fat Free Chocolate Milk Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance	Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Monday:Baby Carrots (1/4 C),Side of Oven Baked Fries (1/2 C) Tuesday:Baby Carrots (1/2 C) Wednesday:Roasted Chickpeas,Baby Carrots (1/4 C) Thursday:Cucumber Slices (1/4 C) w/ Tajin,Celery Sticks (1/4 C)	Banana (1/2 C),100% Fruit Juice 4 oz, Grapes (1/2 C),Tangerine (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

