

Alief Montessori Community School

November 2020 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 Cheese Sandwich Peaches Apple Juice Milk, 1% or Fat Free	Nov - 3 Strawberry Bagels Mixed Fruit Grape Juice Milk, 1% or Fat Free	Nov - 4 Sausage Croissant sandwich Peaches Orange Juice Milk, 1% or Fat Free	Nov - 5 Chocolate Chips Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free	Nov - 6 Cinnamon Frosted Flakes Peaches Orange Juice Milk, 1% or Fat Free
Nov - 9 Blueberry Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free	Nov - 10 Cheese Sandwich Peaches Grape Juice Milk, 1% or Fat Free	Nov - 11 Strawberry Bagels Mixed Fruit Apple Juice Milk, 1% or Fat Free	Nov - 12 Apple Muffin Peaches Grape Juice Milk, 1% or Fat Free	Nov - 13 Cheerios W/Grain Mixed Fruit Orange Juice Milk, 1% or Fat Free
Nov - 16 Sausage Croissant sandwich Peaches Orange Juice Milk, 1% or Fat Free	Nov - 17 Blueberry Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free	Nov - 18 Cheese Sandwich Peaches Apple Juice Milk, 1% or Fat Free	Nov - 19 Chocolate Chips Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free	Nov - 20 Cinnamon Frosted Flakes Peaches Orange Juice Milk, 1% or Fat Free
Nov - 23 Thanksgiving Break	Nov - 24 Thanksgiving Break	Nov - 25 Thanksgiving Break	Nov - 26 Thanksgiving Break	Nov - 27 Thanksgiving Break
Nov - 30 Strawberry Bagels Mixed Fruit Grape Juice Milk, 1% or Fat Free				

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help.

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Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
Fax: (202) 690-7442; or
Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

NA - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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November 2020 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 Chicken Nuggets Macaroni/Cheese Carrots Mixed Fruit Milk, 1% or Fat Free	Nov - 3 Chicken alfredo noodle Hot Roll Corn Carrots Peaches Milk, 1% or Fat Free	Nov - 4 Cheese Burger French Fries Baby Carrots Baked Beans Mixed Fruit Milk, 1% or Fat Free	Nov - 5 Fajita Chicken Strips Spanish Rice Corn Pinto Beans Peaches Milk, 1% or Fat Free	Nov - 6 Cheese Pizza Potato Tater Tots Baby Carrots Oranges Milk, 1% or Fat Free
Nov - 9 BBQ Chicken Sandwich Carrots mixed veggie Peaches Milk, 1% or Fat Free	Nov - 10 Spaghetti/Turkey Corn Green Beans Garbanzo Beans Mixed Fruit Milk, 1% or Fat Free	Nov - 11 Chicken Chili Crispito Spanish Rice mixed veggie Peaches Milk, 1% or Fat Free	Nov - 12 Oven Baked Chicken Drumsticks Mashed Potatoes Corn Baked Beans Mixed Fruit Milk, 1% or Fat Free	Nov - 13 Turkey/Cheese Sandwich French Fries Baby Carrots Apple Milk, 1% or Fat Free
Nov - 16 Fish Sticks Macaroni/Cheese mixed veggie Mixed Fruit Milk, 1% or Fat Free	Nov - 17 Chicken alfredo noodle Hot Roll Corn Carrots Peaches Milk, 1% or Fat Free	Nov - 18 Turkey Nachos Cheese Sauce Corn Baby Carrots Pinto Beans Mixed Fruit Milk, 1% or Fat Free	Nov - 19 Thanksgiving Turkey Mashed Potatoes Green Beans Mixed Fruit Milk, 1% or Fat Free	Nov - 20 Cheese Pizza Celery Sticks Baby Carrots Potato Tater Tots Oranges Milk, 1% or Fat Free
Nov - 23 Thanksgiving Break	Nov - 24 Thanksgiving Break	Nov - 25 Thanksgiving Break	Nov - 26 Thanksgiving Break	Nov - 27 Thanksgiving Break
Nov - 30 Chicken Nuggets Macaroni/Cheese Carrots Green Beans Peaches Milk, 1% or Fat Free				

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