



## EL SOL ACADEMY LUNCH MENU

November | 2019

*Every child deserves a healthy start.™*

Sapphire at School lunch menus are carefully selected to provide healthy variety, balance, and flavor. Our “homemade sauces”, and dressings have no added preservatives, additives or high fructose syrup. We proudly utilize locally produced, artisanal whole wheat breads. All breakfast and lunch served with 1% or FF Milk. All snacks are served with full strength juice.

November 4 – 8

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MONDAY 4, 2019	BREAKFAST: <b>Cereal Cup</b> - Seasonal Fruit Cup, Milk LUNCH: <b>Penne with Meat Sauce</b> Parmesan on side LUNCH SIDE: <b>Apple, Milk</b> SNACK: <b>Cheez Its</b>
TUESDAY 5, 2019	BREAKFAST: <b>Marble Breakfast Bread</b> - Cantaloupe Fruit Cup, Milk LUNCH: <b>All Beef Hot Dog</b> Whole Wheat Bun LUNCH SIDE: <b>Romaine Salad</b> Cucumber, Carrot, Tomato, Ranch Dressing <b>Orange or Watermelon, Milk</b> SNACK: <b>Strawberry Pop Tart</b>
WEDNESDAY 6, 2019	BREAKFAST: <b>Breakfast Burrito</b> Egg, Bacon, Cheese, Potato, Whole Wheat Tortilla - Honeydew Fruit Cup, Milk LUNCH: <b>Korean Beef Bowl</b> Cabbage, Spinach, Carrot, Celery, Pea, Ginger Steamed Rice LUNCH SIDE: <b>Apple or Mixed Fruit, Milk</b> SNACK: <b>Rice Krispies</b>
THURSDAY 7, 2019	BREAKFAST: <b>Bagel</b> Cream Cheese, Pineapple Fruit Cup, Milk LUNCH: <b>All White Meat Chicken Tenders</b> Whole Wheat Roll LUNCH SIDE: <b>Mixed Vegetable Crudités – Watermelon or Banana, Milk</b> SNACK: <b>Whole Wheat Goldfish Crackers</b>
FRIDAY 8, 2019	BREAKFAST: <b>French Toast Sticks, Syrup</b> - Watermelon Fruit Cup, Milk LUNCH <b>Bean &amp; Cheese Burrito</b> Whole Wheat Tortilla LUNCH SIDE: <b>Carrot, Apple or Orange, Milk</b> SNACK: <b>Cereal Bar</b>



November 11 – 15

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MONDAY *Veteran's Day*  
11, 2019

TUESDAY BREAKFAST: **Marble Breakfast Bread** - Cantaloupe Fruit Cup, Milk  
12, 2019 LUNCH: **Cheeseburger** Whole Wheat Bun  
LUNCH SIDE: **Mixed Vegetable Crudités, Orange or Watermelon, Milk**  
SNACK: **Strawberry PopTart**

WEDNESDAY BREAKFAST: **Breakfast Burrito** Egg, Bacon, Cheese, Potato - Honeydew Fruit Cup, Milk  
13, 2019 LUNCH: **French Bread Pizza** Nitrate Free Pepperoni, Cheese, Pizza Sauce  
LUNCH SIDE: **Broccoli, Cucumber, Apple or Mixed Fruit, Milk**  
SNACK: **Cheez Its**

THURSDAY BREAKFAST: **Bagel Ful®** Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk  
14, 2019 LUNCH: **Orange Chicken** Vegetable Medley, Brown Rice  
LUNCH SIDE: **Watermelon or Banana, Milk**  
SNACK: **Rice Krispies**

FRIDAY BREAKFAST: **Mini Waffles, Syrup** - Watermelon Fruit Cup, Milk  
15, 2019 LUNCH: **Carne Asada, Bean & Cheese Burrito** Whole Wheat Tortilla  
LUNCH SIDE: **Apple or Orange, Milk**  
SNACK: **Whole Wheat Goldfish Crackers**



November 18 – 22

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- MONDAY 18, 2019  
BREAKFAST: **Cereal Cup** - Seasonal Fruit Cup, Milk  
LUNCH: **Spaghetti and Meat Balls** Marinara, Parmesan on side  
LUNCH SIDE: **Apple, Milk**  
SNACK: **Cereal Bar**
- TUESDAY 19, 2019  
BREAKFAST: **Marble Breakfast Bread** - Cantaloupe Fruit Cup, Milk  
LUNCH: **Turkey Dinner** Stuffing, Mashed Potato, Pea, Carrot, Gravy  
LUNCH SIDE: **Orange or Watermelon, Milk**  
SNACK: **Granola Bar**
- WEDNESDAY 20, 2019  
BREAKFAST: **Breakfast Burrito** Egg, Bacon, Cheese, Potato - Honeydew Fruit Cup, Milk  
LUNCH: **All White Meat Chicken Tenders** Whole Wheat Roll  
LUNCH SIDE: **Mixed Vegetable Cruités, Apple or Mixed Fruit, Milk**  
SNACK: **Strawberry PopTart**
- THURSDAY 21, 2019  
BREAKFAST: **Bagel** Cream Cheese, Pineapple Fruit Cup, Milk  
LUNCH: **Real “Mac” n Cheese** Cauliflower  
LUNCH SIDE: **Broccoli and Carrots – Watermelon or Banana, Milk**  
SNACK: **Cheez Its**
- FRIDAY 22, 2019  
BREAKFAST: **Mini Pancakes, Syrup** - Watermelon Fruit Cup, Milk  
LUNCH: **Bean & Cheese Burrito** Pinto Bean, Whole Wheat Tortilla  
LUNCH SIDE: **Carrot, Apple or Orange, Milk**  
SNACK: **Rice Krispies**

November 25 – 29

*Thanksgiving Week*