

**November 2020 SFSP K-12 Distant Learning - Lunch & Breakfast - 7 Day Bundle Meals**

Menu is subject to substitutions due to food shortages, due to the prevailing Pandemic situations

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lunch</b>							<b>Pizza Quesadilla</b>
<b>Veg Lunch Option All Lunches Receive</b>							<b>Cheese Bun</b>
<b>Breakfast</b>							1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) <b>*New WG Apple Donut* (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)
<b>Week VI</b>							
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Lunch</b>	<b>Cheese Bun</b> Nacho Chz Doritos	<b>Chicken Corn Dog</b> Lemon Blueberry Bites	<b>Italian Calzone Pocket</b>	<b>Bean &amp; Cheese Burrito</b> Corn Chips	<b>All Beef Hot Dog Kit</b> Baked Cheetos	<b>Turkey Bun</b> Cool Ranch Doritos	<b>Grilled Cheese Sandwich</b> Baked Cheetos
<b>Veg Lunch Option All Lunches Receive</b>	<b>Yogurt, Cheese Cubes</b> Stuffed Crm Chz Bagel	<b>Cheese Cup, Corn Chips</b> String Cheese	<b>Cheese Bun</b>	<b>4.6 oz Wowbutter &amp; Jelly Sandwich</b>	<b>Hard Cooked Eggs</b> WG Mini French Toast Bag	<b>Yogurt Cup, Cheese Stick</b> Honey Bun	<b>Wow Butter Cup, Chz Stick</b> WG Bagel
<b>Breakfast</b>	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)
<b>Week VI</b>	<b>1.5 oz Breakfast Brekkie (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Honey Bun (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Assorted Muffin (1 item)</b> Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS)	<b>Stuffed Cream Cheese Bagel (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Buttery Maple Waffle (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>2 oz Assorted Breakfast Bread (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Assorted Cereal Bar (1 item)</b> String Cheese (1 item) 1/2 Cup Fruit (1 item) Milk (OVS)
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Lunch</b>	<b>Cheese Bun</b>	<b>Make your Own Nachos</b> Cheese Cup & Corn Chips String Cheese	<b>Wow Butter Cup &amp; Bagel</b> Honey Roasted Sun Seeds	<b>Pizza Quesadilla</b>	<b>Meatballs &amp; Ketchup</b> Nacho Cheese Chips	<b>Grilled Cheese Sandwich</b> Mixed Berry Animal Crackers	<b>Chicken Corn Dog</b> Cinnamon Grahams
<b>Veg Lunch Option All Lunches Receive</b>	<b>Cheese Bun</b>	<b>Yogurt Cup, Cheese Stick</b> Honey Bun	<b>Wow Butter Cup, Chz Stick</b> WG Bagel	<b>Cheese Sandwich on Wheat Bread</b>	<b>Yogurt Cup, Cheese Stick</b> WG Mini Pancake Bag	<b>Hard Cooked Eggs</b> Mixed Berry Animal Crackers	<b>Wow Butter Cup, Chz Stick</b> WG Bagel
<b>Breakfast</b>	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)
<b>Week I</b>	<b>Assorted Cereal Bowl (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Mini French Toast (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Mini Cinnis (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>WG Apple Donut (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Assorted Cereal Bowl (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Mini Waffle Bag (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>BC Cinnamon Roll (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)
	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Lunch</b>	<b>Cheese Bun</b> Cool Ranch Doritos	<b>Breaded Chicken Patty Bun Kit</b> Mixed Berry Animal Crackers	<b>Hamburger Kit</b> Nacho Cheese Doritos	<b>Maple Waffle Chicken Sandwich</b> String Cheese	<b>Wowbutter &amp; Jelly Sandwich</b>	<b>Bean &amp; cheese Burrito</b> Corn Chips	<b>Pizza Quesadilla</b>
<b>Veg Lunch Option All Lunches Receive</b>	<b>Yogurt, Cheese Cubes</b> Stuffed Crm Chz Bagel	<b>Cheese Cup, Corn Chips</b> String Cheese	<b>Cheese Bun</b>	<b>4.6 oz Wowbutter &amp; Jelly Sandwich</b>	<b>Hard Cooked Eggs</b> WG Mini French Toast Bag	<b>Cheese Cup, Corn Chips</b> String Cheese	<b>Cheese Bun</b>
<b>Breakfast</b>	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)
<b>Week II</b>	<b>Pop Tart (1 item)</b> Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS)	<b>Mini Pancake Bag (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Assorted Cereal Bowl (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Honey Bun (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>2 oz Breakfast Bread (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Corn Muffin (1 item)</b> String Cheese (1 item) 1/2 Cup Fruit (1 item) Milk (OVS)	<b>*New WG Apple Donut* (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)
	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Lunch</b>	<b>Cheese Bun</b> Nacho Chz Doritos	<b>Chicken Corn Dog</b> Lemon Blueberry Bites	<b>Italian Calzone Pocket</b>	<b>Bean &amp; Cheese Burrito</b>	<b>All Beef Hot Dog Kit</b>	<b>Turkey Bun</b> Cool Ranch Doritos	<b>Grilled Cheese Sandwich</b> Baked Cheetos
<b>Veg Lunch Option All Lunches Receive</b>	<b>Cheese Bun</b> Nacho Chz Doritos	<b>Yogurt Cup, Cheese Stick</b> Honey Bun	<b>Wow Butter Cup, Chz Stick</b> WG Bagel	<b>Cheese Sandwich on Wheat Bread</b>	<b>Yogurt Cup, Cheese Stick</b> WG Mini Pancake Bag	<b>Yogurt Cup, Cheese Stick</b> Honey Bun	<b>Wow Butter Cup, Chz Stick</b> WG Bagel
<b>Breakfast</b>	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)
<b>Week III</b>	<b>Assorted Muffin (1 item)</b> Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Mini Waffle Bag (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>BC Cinnamon Roll (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>Pop Tart (1 item)</b> Yogurt (1 item) 1/2 Cup Fruit (1 item) Milk (OVS)	<b>Cereal Bowl (1 item)</b> Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS)	<b>Assorted Muffin (1 item)</b> Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS)	<b>Pop Tart (1 item)</b> Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS)
	<b>30</b>	<b>Instructions for packing the bundled Meals</b>					
<b>Lunch</b>	<b>Cheese Bun</b>	<b>***Please Pack Red Print Items for BREAKFAST / LUNCH / SNACK / DINNER in one bag for Refrigeration. Attach Refrigeration Label to Bag.</b>					
<b>Veg Lunch Option All Lunches Receive</b>	<b>Yogurt, Cheese Cubes</b> Stuffed Crm Chz Bagel						
<b>Breakfast</b>	1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS)						
<b>Week IV</b>	<b>Mini Pancake Bag (1 item)</b> 1/2 Cup Fruit (1 item) Milk & (Second 1/2C Fruit OVS)	<b>***Please Pack All Black Ink Items in one bag (These are all Shelf Stable)</b>					

\*Skim and 1% milk choices offered daily.

\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.