

# Costanoa



# November Menu

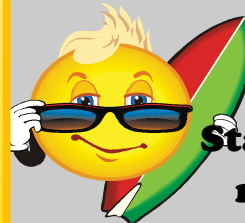
**BREAKFAST \$2.75**

**LUNCH \$3.75**

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <b>Spicy Chicken Sandwich</b><br><b>Turkey Sandwich</b> | <b>Chicken Tenders</b><br><b>Grilled Cheese Sandwich</b><br><b>Egg Salad Sandwich</b> | <b>Corn Dog</b><br><b>Bean N Cheese Burrito</b><br><b>Ham Sandwich</b> | <b>Chicken Pesto Penne Pasta</b><br><b>Turkey Sandwich</b><br> | <b>Pizza Pepperoni, or Cheese</b><br><b>Sub Sandwich</b> |

**All of our meals are served with fresh fruit and vegetables from our NEW salad Bar.**

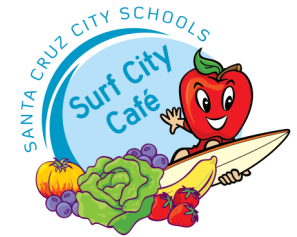
**We serve fat free and 1% low fat milk.**



**Start your day out right by eating breakfast at school!**




# Costanoa



# Noviembre Menu

**DESAYUNO \$2.75**

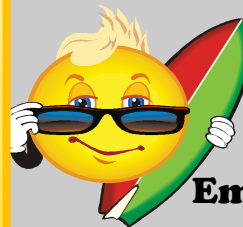
**ALMUERZO \$3.75**

| Lunes   | Martes  | Miercoles   | Jueves  | Viernes   |
|---|---|---|---|---|
| <b>Sandwich de Pollo Picante</b><br><b>Sandwich de Pavo</b> | <b>Ofertas de Pollo</b><br><b>Sandwich de Queso a la Plancha</b><br><b>Sandwich de Huevos</b> | <b>Perro de maíz</b><br><b>Frijoles y Queso</b><br><b>Burrito</b><br><b>Sandwich de Jamon</b> | <b>Pasta de pollo Pesto Penne</b><br><b>Sandwich de Pavo</b><br> | <b>Pizza Pepperoni, Queso</b><br><b>Sandwich de Submarino</b> |



**Todas las comidas se sirven con frutas y hortalizas frescas. Usamos organicos cuando sea posible.**

**Servimos libre de grasa y 1% de leche baja en grasa.**



**Empiece el dia desayunando en la escuela!**

