

# Costanoa



# November Menu

**BREAKFAST \$2.75**

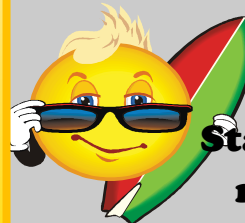
**LUNCH \$3.75**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Southwest Tornado Bean &amp; Cheese Burrito Turkey Sandwich</b>	<b>Chicken Pesto or Grilled Cheese Sandwich  Ham &amp; Cheese Sandwich</b>	<b>Spicy Chicken Sandwich  Veggie Burger Turkey Sandwich</b>	<b>CALIFORNIA THURSDAYS</b>  <b>Teriyaki Chicken Rice Bowl Turkey Sandwich</b>	<b>Pizza Pepperoni, or Cheese Sub Sandwich</b>



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

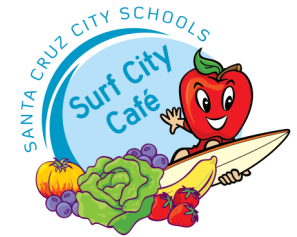
**We serve fat free and 1% low fat milk.**



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



# Costanoa



# Noviembre Menu

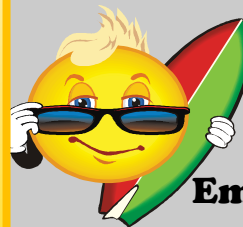
**DESAYUNO \$2.75**

**ALMUERZO \$3.75**

Lunes	Martes	Miercoles	Jueves	Viernes
<b>Tornado Suroeste</b> <b>Frijoles y Queso</b> <b>Burrito</b> <b>Sandwich de Pavo</b>	<b>Sandwich de pollo al pesto</b> <b>Sandwich de Queso a la Plancha</b> <b>Sandwich de Jamon</b>	<b>Sandwich de Pollo Picante</b> <b>Hamburguesa Vegetariana</b> <b>Sandwich de Pavo</b>	<b>Plato De Arroz De Pollo Teriyaki</b> <b>Sandwich de Jamon</b> 	<b>Pizza Pepperoni, Queso</b> <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!**

