


November 2018 **ELEMENTARY** **MODESTO CITY SCHOOLS**

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | | |
|--|--|--|--|---|--|--|--|---|--|---|--|
| <p>Breakfast & Lunch are served at No Charge to all MCS K-6 Students. Milk \$.50</p> | | | | <p>1/2 Pint Milk served with each meal. Menu subject to change without notice. See Nutrition Services Website for Nutritional Information.</p> | | | | <p><i>Energy Island has a variety of fruits and vegetables available with Ranch Dressing for dipping.</i></p> | | | |
|  | | | |  | | | | <p>1 Chicken Sausage on a Whole Grain Breakfast Roll Fresh Fruit, Orange Juice X-Ray Vision Carrots **** Whole Grain Chicken Fajita w/ Bell Peppers w/ Red Salsa, Cheese, Lettuce Energy Island</p> | | <p>2 Whole Grain Pumpkin Square Fresh Fruit Emoji Potatoes w/ Ketchup **** Whole Grain Pepperoni Pizza Energy Island</p> | |
| <p>5 Whole Grain French Toast Sticks Fresh Fruit X-Ray Vision Carrots **** Bean & Cheese Burrito w/ Taco Sauce Broccoli Florets w/ Ranch Dressing Fresh Fruit</p> | | <p>6 Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots **** Whole Grain Cheeseburger w/ Ketchup, Mustard Baby Carrots w/ Ranch Dressing Fresh Fruit, Graham Crackers</p> | | <p>7 Whole Grain Chocolate Muffin Fresh Fruit X-Ray Vision Carrots **** Whole Grain Mini Corn Dogs w/ Ketchup, Mustard Potato Wedges Fresh Fruit</p> | | <p>8 Chicken Sausage on a Whole Grain Breakfast Roll Fresh Fruit, Orange Juice X-Ray Vision Carrots **** Whole Grain Macho Nachos w/ Red Salsa, Cheese, Lettuce Energy Island</p> | | <p>9 Whole Grain Apple Cinnamon Square Fresh Fruit Emoji Potatoes w/ Ketchup **** Whole Grain French Bread Pepperoni Pizza Energy Island</p> | | | |
|  | | <p>13 Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots **** Whole Grain Grilled Chicken Sandwich w/ BBQ Sauce Baby Carrots w/ Ranch Dressing Fresh Fruit, Salsa Sun Chips</p> | | <p>14 Whole Grain Oatmeal Chocolate Chip Muffin Fresh Fruit X-Ray Vision Carrots **** Spaghetti w/ Meat Sauce w/ Whole Grain Garlic Bread Broccoli Florets w/ Ranch Dressing Fresh Fruit</p> | | <p>15 Chicken Sausage on a Whole Grain Breakfast Roll Fresh Fruit, Orange Juice X-Ray Vision Carrots **** Whole Grain Chicken Nuggets w/ Dinner Roll, BBQ Sauce Energy Island</p> | | <p>16 Whole Grain Pumpkin Square Fresh Fruit X-Ray Vision Carrots **** Whole Grain Pepperoni Pizza Energy Island</p> | | | |
| <p>19 Whole Grain Pancakes w/ Blueberry Glaze Fresh Fruit X-Ray Vision Carrots **** Whole Grain Southwest Cheese Quesadilla w/ Red Salsa, Broccoli Florets w/ Ranch Dressing, Fresh Fruit</p> | | <p>20 Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots **** Sliced Turkey w/ Gravy w/ Mashed Potatoes, w/ Dinner Roll Savory Green Beans, Fresh Fruit Pumpkin Pie w/ Whipped Topping</p> | | <p>21 Whole Grain Strawberry Breakfast Bar Fresh Fruit X-Ray Vision Carrots **** Whole Grain French Bread Pepperoni Pizza Energy Island</p> | |  | | | | | |
| <p>26 Whole Grain Confetti Pancakes Fresh Fruit X-Ray Vision Carrots **** Whole Grain Cheesy Breadsticks w/ Marinara Sauce Savory Green Beans Fresh Fruit</p> | | <p>27 Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots **** Whole Grain Turkey Hot Dog w/ Ketchup, Mustard Potato Wedges Fresh Fruit</p> | | <p>28 Whole Grain Oatmeal Chocolate Chip Muffin Fresh Fruit X-Ray Vision Carrots **** Orange Chicken w/ Fried Rice Broccoli Florets w/ Ranch Dressing Fresh Fruit, Rice Krispies Square* *Made with Gelatin</p> | | <p>29 Chicken Sausage on a Whole Grain Breakfast Roll Fresh Fruit, Orange Juice X-Ray Vision Carrots **** Whole Grain Beef Tostada Bowl w/ Red Salsa, Cheese, Lettuce Energy Island</p> | | <p>30 Whole Grain Pumpkin Square Fresh Fruit Emoji Potatoes w/ Ketchup **** Whole Grain Stuffed Crust Pepperoni Pizza Energy Island</p> | | | |

1/2 pint milk served with each meal. Menu subject to change.
 This institution is an equal opportunity provider

