

November 2018 Breakfast Menu

Lincoln Elementary School

All Breakfast Entrees are Whole Grain

Be a Rising Star with a Healthy School Breakfast























Breakfast is one of the most important meals of the day and is proven to contribute toward improved academic performance.

School Breakfast is Fuel for Learning!



Wake Up to School Breakfast!



			Breakfast Cereal with Grahams  Fresh Fruit 100% Fruit Juice	Coffee Cake with Cinnamon Crumbles  Fruit Cup 100% Fruit Juice
Cinnamon Apple Breakfast Bar  Applesauce	Muffin Top  Fresh Apple Slices Strawberry Craisins	Yogurt with Sunrise Bites  Fresh Banana 100% Fruit Juice	Breakfast Cereal with Grahams  Fresh Apple Raisins	Coffee Cake with Cinnamon Crumbles  Strawberry Applesauce Blueberry Craisins
VETERANS DAY  No School	Great Earth Cinnamon Roll  Applesauce Strawberry Craisins	Yogurt with Sunrise Bites  Fresh Banana 100% Fruit Juice	Breakfast Cereal with Grahams  Fresh Apple Raisins	Blueberry Bagel with Cream Cheese  Strawberry Applesauce Blueberry Craisins
No School 	No School 	No School 	HAPPY THANKSGIVING 	No School 
Cinnamon Apple Breakfast Bar  Applesauce	Muffin Top  Fresh Apple Slices Strawberry Craisins	Yogurt with Sunrise Bites  Fresh Banana 100% Fruit Juice	Breakfast Cereal with Grahams  Fresh Apple Raisins	Coffee Cake with Cinnamon Crumbles  Strawberry Applesauce Blueberry Craisins

Menus is subject to change. Notice will be given if possible.

Breakfast includes:

MILK 1% Low Fat White Milk **OR** Non Fat White Milk

Lincoln Elementary School

All Lunch Entrees are Whole Grain

Our delicious meals provide essential vitamins and nutrients necessary for both learning and play time.

Our meals meet USDA required standards in fats, sugars and sodium, and provide servings of a variety of healthy fruits and vegetables.

The meals we serve are made in one of our school kitchens.

Please go to our website www.vallejostudentnutrition.com to see how.

Lunch Includes:

VEGETABLES Choose 1 or 2

- Daily: Fresh Veggie Cup
Tossed Green Salad w/Dressing
- Monday: Black Bean & Corn Salsa
- Tuesday: Fresh Baby Carrots
Taco Pack or Pickle Pack
- Wednesday: Fresh Celery Sticks
- Thursday: Fresh Baby Carrots
- Friday: Black Bean & Corn Salsa

FRUIT Choose 1

- Fresh Fruit (Seasonal) Applesauce Cup
- Fruit Cup Raisins
- Also offered on Tuesdays/Thursdays:
100% Fruit Juice

MILK Choose 1

- 1% Low Fat White Milk OR
- Non Fat Chocolate Milk

November 2018 Lunch Menu



		1		2	
		Macaroni & Cheese OR Hot Dog on a Bun		National Sandwich Day Pizza Sandwich OR Grilled Cheese Sandwich	
5		6		7	
Wild Mike's Ultimate Pizza Wild Mike's Cheese Pizza Wedge OR Max Sticks with Marinara Dipping Sauce		ELECTION DAY Vote for your favorite school food! Build-a-Burger: Hamburger OR Cheeseburger		Tony's Galaxy Pepperoni Pizza Pepperoni is a Beef/Turkey Blend - No Pork -	
8		9		10	
Spaghetti with Turkey Meatsauce OR Chicken Alfredo		Beef Border Bowl with Tostitos Scoops OR Arizona Gold Bean & Cheese Burrito			
11		12		13	
		VETERANS DAY No School		Grilled Cheese Sandwich OR Chicken Corn Dog	
14		15		16	
Tony's Galaxy Pepperoni Pizza Pepperoni is a Beef/Turkey Blend - No Pork -		Garlic French Bread with Marinara Dipping Sauce OR Teriyaki Chicken Bowl with Fortune Cookie		FACTUAL FRIDAY Did you know that Benjamin Franklin wanted the Turkey to be the National bird, not the Eagle? Walking Nachos	
17		18		19	
				No School	
20		21		22	
				HAPPY THANKSGIVING	
23		24		25	
				No School	
26		27		28	
Grilled Cheese Sandwich OR Chicken Corn Dog		TACO TUESDAY Beef & Cheese Taco OR Chicken & Cheese Taco I ♥ TACOS		Tony's Galaxy Pepperoni Pizza Pepperoni is a Beef/Turkey Blend - No Pork -	
29		30			
Birthday Celebration Day Birthday Cake Cookies Garlic French Bread with Marinara Dipping Sauce OR Teriyaki Chicken Bowl with Fortune Cookie		Walking Nachos			

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Daily Additional Entrée Choices:

- Peanut Butter & Jelly Sandwich ■ Sun Butter Cup with Grahams ■ Turkey & Cheese OR Turkey-Ham & Cheese Sandwich
- Also available on Fridays: Colby Jack Cheese Sticks with Crackers