















November 2021

Menu Legend

-  = Vegetarian Option
-  = Gluten Free Option
-  = Item Contains Pork

MENU SUBJECT TO CHANGE

Meatless Monday	Tasty Tuesday	Wonderful Wednesday	Thankful Thursday	Fabulous Friday	Daily Produce
Mozzarella Sticks w/ a Marinara Cup  1	All Beef Pretzel Dog 2	Beef Meximelt 3	Pepperoni Pizza  4	Mac & Cheese w/ a Roll  5	<p><i>All produce is pre-packaged in individual portions</i></p> <p>Rotating (each day 2 fruits and 2 vegetables are offered)</p> <p>Baby Carrots</p> <p>Broccoli</p> <p>Orange Wedges</p> <p>Grapes</p> <p>Apple Slices</p> <p>Corn</p> <p>Cucumber Coins</p> <p>Edamame</p> <p>Frozen Fruit Cup (flavors vary)</p> <p>Raisins</p>
Cheesy Pull Apart  8	Chicken Nuggets & Jungle Crackers 9	Cheeseburger Sliders 10	 11	Turkey Pepperoni & Cheese Calzone 12	
Bean & Cheese Burrito  15	Turkey Ham & Cheese Wrap w/ a Chocolate Chip Cookie 16	Jumbo Chicken Corn Dog 17	Turkey Gravy & Mashed Potatoes w/ Dinner Roll 18	Beef Meximelt 19	
 <h2>Thanksgiving Break  NOVEMBER 22-26</h2> <p>Want to feel great after your Thanksgiving Meal? Go for a 15 minute family walk afterwards!</p> 					
Nachos  29	Chicken Nuggets & Jungle Crackers 30	Cheesy Chicken Burrito 1	Cheese Pizza  2	Cheeseburger Mac 3	

This School Year All Students Eat Free!  \$5 for adults 

We are asking that all eligible families complete an online application. Completing an application not only helps our District's Budget but, may also help provide before and after school academic & enrichment programs, fee waivers for college applications and AP tests, and resources for classrooms, teachers, and children!

Visit our website: WWW.TEMECULAFRESHFOOD.COM and click on the Rocket Scan image to get started



This institution is an equal opportunity provider.

November 2021

Breakfast

Breakfast is served at our District's Title I schools: Pauba Valley, Susan LaVorgna, Nicolas Valley, Red Hawk, Temecula, Vail, and Rancho Elementary Schools.

Menu

Menu Subject To Change

Breakfast includes 1 entree, fruit (choices vary depending on availability), juice, and 1% white milk or non-fat chocolate milk

Monday—Friday

Turkey Sausage & Cheese Breakfast Pizza

Cinnamon Toasters Cereal & String Cheese



Pumpkin Bread

Friday Additional Entrée Choice

Cinnamon Roll

FREE For Students

\$300 (for adults)

How to Make Any Vegetable Taste Delicious

Buy Locally and Seasonally

The easiest way to get the most out of your fruits and vegetables is to buy locally and seasonally. In-season produce is often sweeter, more flavorful, bigger, and less expensive. In the spring and summer, try foods like blueberries, watermelon, peaches, zucchinis, cucumbers, tomatoes, salad greens, and bell peppers. In the fall and winter, look to eat more apples, grapes, sweet potatoes, broccoli, beets, and cauliflower.



Combine Salty and Sweet

An underutilized duo, a salty-sugary combination can add some excitement to ordinary veggies. A little bit of honey with sweet potatoes, maple syrup with butternut squash, and balsamic glaze (can be purchased at Trader Joe's) with Brussels sprouts are just a few yummy sweet and savory pairings.



Recipe Corner

Balsamic Brussel Sprouts

Ingredients

Oil (we suggest avocado or olive oil)
Shaved Brussel Sprouts (Trader Joe's)
Balsamic Glaze (Trader Joe's)
Honey
Salt & Pepper



Instructions

1. Spray/coat fry pan with oil
2. Pour brussel sprouts in pan
3. Cook until brown/slightly burnt
 - Tip: Occasionally spray with more oil
4. Sprinkle with salt & pepper
5. Season to taste with honey and balsamic glaze