

# ELEMENTARY MENUS



# NOV 2021

Tres Rios, Country Place and Quentin Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Breakfast</b> Strawberry Cream Cheese Bagel <b>Lunch</b> Spicy Chicken Patty Sloppy Joe Sandwich Egg Salad Sandwich Buffalo Chicken Salad w/Crackers Spiced Green Beans	<b>2 Breakfast</b> Breakfast Burrito <b>Lunch</b> Ground Beef Soft Flour Tacos Green Chili Cheese Quesadilla Turkey & Cheese Sandwich Cobb Salad w/Roll Cheesy Mexican Mix Refried Beans	<b>3 Breakfast</b> Soft Filled Cinnamon Bar <b>Lunch</b> Turkey Hot Dog Grilled Ham & Cheese Sandwich BBQ Diced Chicken Wrap Pulled Buffalo Chicken Salad w/Crackers Steamed Crinkle Carrots	<b>4 Breakfast</b> Lucky Charms Cereal w/ Graham Crackers <b>Lunch</b> Chicken Drumstick Country Fried Steak w/ Biscuit Sunbutter & Jelly Sandwich w/ String Cheese Chef Salad w/Roll Seasoned Mashed Potatoes	<b>5 Breakfast</b> Mini Cinnamon Rolls <b>Lunch</b> Cheesy French Bread Pizza Creamy Chicken Alfredo Rotini Crispy Popcorn Chicken Salad w/Roll Diced Chicken Salad Sandwich Peppered Broccoli Florets
<b>8 Breakfast</b> Mini Maple Pancakes <b>Lunch</b> Chili Cheese Fries w/ Pretzel Rods Mini Corn Dogs Crispy Popcorn Chicken Wrap Chicken Caesar Salad w/Crackers Steamed Crinkle Carrots	<b>9 Breakfast</b> Triple Berry French Toast <b>Lunch</b> Chicken Nugget Snowbowl Spicy Popcorn Chicken w/Roll Italian Wrap Cobb Salad w/Roll Spiced Green Beans	<b>10 Breakfast</b> Banana Chocolate Chunk Bar <b>Lunch</b> Turkey Bacon Cheeseburger Chicken Nuggets w/Roll Italian Chicken Salad w/Roll Turkey & Cheese Sandwich Steamed Corn	Veteran's Day	No School
<b>15 Breakfast</b> Powdered Sugar Mini Donuts <b>Lunch</b> Stuffed Breadstick w/Marinara Beefy Macaroni w/ Roll Cobb Salad w/ Crackers Loaded Vegetable Sub Cheese Peppered Broccoli Florets	<b>16 Breakfast</b> Trix Cereal Bar <b>Lunch</b> Popcorn Chicken Orange Chicken Spicy Chicken Wrap BBQ Ranch Chicken Salad Seasoned Green Peas	<b>17 Breakfast</b> Delicious Cinnamon Bun <b>Lunch</b> Breaded Chicken Patty Sandwich Boneless Buffalo Wings w/ Roll Chicken Salad Croissant Sandwich Italian Chicken Salad w/Crackers Seasoned Curly Fries	<b>18 Breakfast</b> Pumpkin Bread Slice <b>Lunch</b> Golden Chicken Corn Dog Chicken Nuggets w/Roll Ham & Cheese Wrap Garden Chicken Salad w/Roll Steamed Crinkle Carrots	<b>19 Breakfast</b> Cinnamon Toaster Pastry <b>Lunch</b> Roasted Turkey w/Stuffing & Roll Roasted Garlic Mashed Potatoes Sauteed Green Beans Chilled Cinnamon Pears Tangy Cranberry Sauce Thanksgiving Pumpkin Bars
No School	No School	No School	Happy Thanksgiving	No School
<b>29 Breakfast</b> Bean & Cheese Burrito <b>Lunch</b> French Bread Pizza Jumbo Cheese Ravioli w/Breadstick Chunky Chicken Salad Sub Italian Chicken Salad w/Crackers Spiced Green Beans	<b>30 Breakfast</b> Mini Strawberry Pancakes <b>Lunch</b> Classic Pepperoni Pizza Pretzel Rods w/Cheese Dip Sunbutter & Jelly Sandwich w/ String Cheese Crispy Popcorn Chicken Salad w/Roll Peppered Broccoli Florets			

Breakfast and Lunch Free to Students



Questions or Comments?

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## Did you know?

Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day.

This institution is an equal opportunity provider