

# NOVEMBER 2020

## Sentinel Elementary District

### MONDAY

2  
Mini Powder Donut  
Grapes, Fruit Punch

Chicken Tamale  
Spanish Rice  
Beans and Pears

9  
Chocolate Donut  
Grapes  
Orange Juice  
Turkey/Cheese  
sandwich with lettuce  
tomato and peas  
Cucumber sticks  
Apple Crisp

16  
Egg/sausage/Cheese  
Biscuit  
Apple  
Berry Juice  
Chicken Wings  
Celery & Carrot with  
ranch, roll  
Apple Crisp

23  
French Toast Stick  
Orange  
Grape Juice  
Chicken Tenders  
White Rice  
Steamed Broccoli  
Applesauce

30  
Frosted flakes  
Cheese stick  
Apple  
Orange Juice

Pretzel & Cheese  
Celery & Carrots  
Craisins

### TUESDAY

3  
Donut Breakfast  
Bites, Orange and  
Grape Juice

Cheeseburger with  
lettuce, tomato,  
pickle and fries  
Grapes

10  
Cherry Strudel  
Mixed Berry Cup  
Grape Juice

Mac & Cheese  
Garden Salad & Garlic  
toast  
Mixed Fruit

17  
Peanut Butter, Jelly  
Sandwich  
Grapes  
Fruit Punch Juice  
Beef Tacos w/  
salsa, lettuce, tomato  
& cheese  
Spanish rice  
Pears

24  
Chorizo Burrito  
Apple  
Berry Juice  
Corn Dog  
Fries  
Peas  
Peaches

### WEDNESDAY

4  
Cinnamon Bus  
Apple and Orange  
Juice

Pizza Stick, Marinara  
Green beans  
Mixed Fruit

11  
**NO SCHOOL**  
Milk Served at  
every meal  
1% White  
Fat Free  
Chocolate

18  
Granola & Yogurt  
Orange  
Apple Juice

Grilled Cheese  
Sandwich  
Peas, Sweet Potato  
tots and raisins

25  
**NO SCHOOL**

### THURSDAY

5  
Pancake & syrup  
Grapes and Apple  
Juice

Pretzel and Cheese  
Cucumber & Carrots  
with ranch  
Peaches

12  
Powdered Donut  
Orange  
Fruit Punch Juice  
Spaghetti & meat  
sauce  
Garden Salad  
Bread Stick  
Grapes

19  
Frosted Flakes  
Ham & Cheese  
breakfast bar  
Grapes  
Orange Juice  
Turkey & Dinner roll  
Mashed Potatoes &  
gravy, Peas  
Pie

26  
**NO SCHOOL**  
Thanksgiving Day

### FRIDAY

6  
Egg-Tac-Go  
Orange  
Berry Juice

Pull Pork Sandwich  
Sweet Potato Fries  
Peas and Pears

13  
Waffle & Syrup  
Apple  
Berry Juice  
Crispy Chicken  
Mashed Potato &  
Gravy  
Butternut squash  
Pears

20  
Breakfast Bar French  
Toast  
Orange  
Apple Juice  
Bean & Cheese  
Burrito and Salsa  
Garden Salad  
Craisins

27  
**NO SCHOOL**

## School News

Meal Prices  
Adult Breakfast  
\$2.30  
Adult Lunch  
\$3.65

Menu is subject to  
change.

*"This institution is  
an equal  
opportunity  
provider".*

Esta institucion es un  
proveedor que  
ofrece igualdad de  
oportunidades.

## DID YOU KNOW?

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.