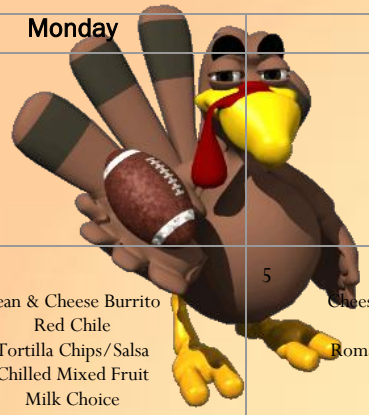
November 2019 Lunch Menu Jemez Mountain Schools

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

SALAD BAR IS AVAILABLE DURING ALL LUNCH PERIODS



Monday	Tuesday	Wednesday	Thursday	Friday
				1 ENERGY DAY
4 Bean & Cheese Burrito Red Chile Tortilla Chips/Salsa Chilled Mixed Fruit Milk Choice	5 Cheeseburger on WW Bun Sun Chips Romaine Lettuce/Tomato Fresh Pears Milk Choice	6 Chicken Nuggets French Fries Carrot Sticks/Ranch Orange Wedges Milk Choice	7 Spaghetti W/ Meat Sauce Breadsticks Green Beans Ice Cream Cup Milk Choice	8 ENERGY DAY
11 HOLIDAY	12 Pepperoni Pizza Italian Vegetables Chilled Pears Milk Choice	13 Beef Enchilada Pinto Beans Tortilla Jell-O/Fruit Milk Choice	14 Sloppy Joe Whole Wheat Bun Corn On The Cob Fresh Fruit Milk Choice	15 ENERGY DAY
18 Fish Sticks Mac & Cheese Steamed Broccoli Pineapple Tidbits Milk Choice	**19** Pulled Pork Sandwich Baked Beans Pasta Salad Applesauce Milk Choice	20 Roast Turkey Mashed Potatoes/Gravy Corn on the Cob Wheat Roll Pumpkin Pie Milk Choice	21 COOKS" CHOICE	22 ENERGY DAY
25 Beef W/ Broccoli Steamed Rice Chow Mein Noodles Carrots/Ranch Dressing Cantaloupe Melon Milk Choice	26 Ham & Cheese Sandwich Lettuce/Tomato Sweet Potato Fries Mixed Fruit Milk Choice	**27** <<<<<<<<<<<<<<<<<<<<<<<<<<	28 THNKSGIVING HOLIDAY	29 >>>>>>>>>>>>>>>>>>

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November 2019 Breakfast Menu Jemez Mountain Schools

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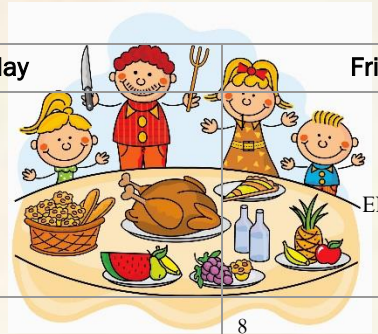

Monday	Tuesday	Wednesday	Thursday	Friday
				ENERGY DAY
4 Sausage Breakfast Pizza Diced Pears Fruit & Nut Granola Bar Milk Choice	5 Muffin Flavored Non-Fat Yogurt Craisins Milk Choice	6 Sausage /Pancake on a Stick Syrup Diced Pears Milk Choice	7 Waffles/Syrup Cold Cereal Orange Wedges Fruit Juice Milk Choice	8 ENERGY DAY
11 HOLIDAY	12 Cheese Quesadilla Salsa Kiwi Fruit Milk Choice	13 Cinnamon Raisin Bagel Cream Cheese Fruit Juice Fresh Pears Milk Choice	14 Scrambled Eggs Tortilla Salsa Fresh Fruit Milk Choice	15 ENERGY DAY
18 Pancakes Blueberry Craisins Assorted Cold Cereal Fruit Juice Milk Choice	19 Whole Grain Bagels Cream Cheese Raisin Bran Cereal Fruit Juice Milk Choice	20 Bacon Breakfast Pizza Chilled Mixed Fruit Cereal Bar Milk Choice	21 Sausage /Cheese Biscuit Hash Brown Patty Orange Wedges Milk Choice	22 ENERGY DAY
25 Frosted Mini Wheats Ultimate Breakfast Rounds Fruit Juice Milk Choice	26 French Toast Sticks Syrup Honey Nut Cheerios Chilled Peaches Milk Choice	27 <<<<<<<<<<<<<<<<<<<<<<<<	28 THANKSGIVING BREAK	29 >>>>>>>>>>>>>>>>>>

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