



CHA Patriots Café PRE K BREAKFAST

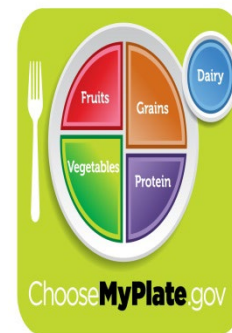


Daily Milk Choices:

Skim fat free

Students are encouraged to try the daily fruits and vegetables offered. Select at least ½ cup of fruit or vegetable to make it a meal

Menu Subject to change.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 1 ST					NO SCHOOL
NOV 4 TH -8 TH	CEREAL FRUIT MILK	BAGEL PB FRUIT MILK	PANCAKES FRUIT MILK	OATMEAL BAR FRUIT MILK	NO SCHOOL
NOV 11 TH -15 TH	MUFFIN FRUIT MILK	YOGURT CRACKER FRUIT/MILK	CEREAL FRUIT MILK	BANANA BREAD FRUIT/MILK	NO SCHOOL
NOV 18 TH -22 ND	CEREAL FRUIT MILK	BAGEL PB FRUIT MILK	PANCAKES FRUIT MILK	OATMEAL BAR FRUIT MILK	NO SCHOOL
NOV 25 TH -29 TH	MUFFIN FRUIT MILK	YOGURT CRACKER FRUIT/MILK	NO SCHOOL	NO SCHOOL	NO SCHOOL



CHA Patriots Café

PRE K

Lunch



Daily Milk Choices:

Skim fat free

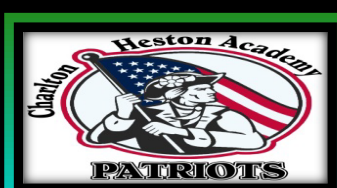
Students are encouraged to try the daily fruits and vegetables offered. Select at least ½ cup of fruit or vegetable to make it a meal

Menu Subject to change.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 1 ST					NO SCHOOL
NOV 4 TH -8 TH	HAMBURGER CARROTS FRUIT MILK	CHICKEN MASHED CORN FRUIT/ILK	TACO BEANS/RICE FRUIT MILK	MAC N CHEESE BITES GREEN BEAN FRUIT/MILK	NO SCHOOL
NOV 11 TH -15 TH	HOT DOG BAKED BEAN SALAD FRUIT MILK	SALISBURY STK MASHED CORN FRUIT MILK	BREAKFAST BISC. TOTS SAUSAGE FRUIT MILK	CHICKEN SAND GREEN BEANS FRUIT MILK	NO SCHOOL
NOV 18 TH -22 ND	HAMBURGER CARROTS FRUIT MILK	CHICKEN MASHED CORN FRUIT/ILK	TACO BEANS/RICE FRUIT MILK	MAC N CHEESE BITES GREEN BEAN FRUIT/MILK	NO SCHOOL
NOV 25 TH -29 TH	HOT DOG BAKED BEAN SALAD FRUIT MILK	SALISBURY STK MASHED CORN FRUIT MILK	NO SCHOOL	NO SCHOOL	NO SCHOOL

CHARLTON HESTON 3 YR BREAKFAST

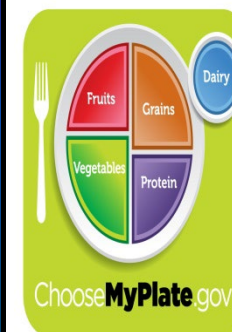


Daily Milk Choices:

Skim fat free

Students are encouraged to try the daily fruits and vegetables offered. Select at least 1/2 cup of fruit or vegetable to make it a meal

Menu Subject to change.



Choose **MyPlate**.gov

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 1 ST					NO SCHOOL
NOV 4 TH -8 TH	CEREAL FRUIT MILK	BAGEL FRUIT MILK	PANCAKES FRUIT MILK	OATMEAL BAR FRUIT MILK	NO SCHOOL
NOV 11 TH -15 TH	MUFFIN FRUIT MILK	YOGURT CRACKER FRUIT/MILK	CEREAL FRUIT MILK	BANANA BREAD FRUIT/MILK	NO SCHOOL
NOV 18 TH -22 ND	CEREAL FRUIT MILK	BAGEL PB FRUIT MILK	PANCAKES FRUIT MILK	OATMEAL BAR FRUIT MILK	NO SCHOOL
NOV 25 TH -29 TH	MUFFIN FRUIT MILK	YOGURT CRACKER FRUIT/MILK	NO SCHOOL	NO SCHOOL	NO SCHOOL

CHARLTON HESTON 3 YR LUNCH

Daily Milk Choices:
1% AND FAT FREE WHITE

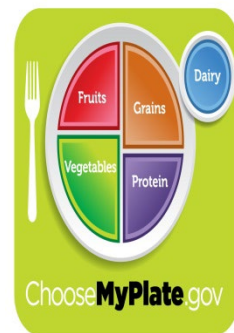
1% CHOCOLATE

Students are encouraged to try the daily fruits and vegetables offered.

WE OFFER A FRESH FRUIT AND VEGETABLE EVERY DAY

SECOND CHOICE OFFERED

MENU SUBJECT TO CHANGE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 1 ST					NO SCHOOL
NOV 4 TH -8 TH	HAMBURGER CARROTS FRUIT MILK	CHICKEN MASHED CORN FRUIT/ILK	TACO BEANS/RICE FRUIT MILK	MAC N CHEESE BITES GREEN BEAN FRUIT/MILK	NO SCHOOL
NOV 11 TH -15 TH	HOT DOG BAKED BEAN SALAD FRUIT MILK	SALISBURY STK MASHED CORN FRUIT MILK	BREAKFAST BISC. TOTS SAUSAGE FRUIT MILK	CHICKEN SAND GREEN BEANS FRUIT MILK	NO SCHOOL
NOV 18 TH -22 ND	HAMBURGER CARROTS FRUIT MILK	CHICKEN MASHED CORN FRUIT/ILK	TACO BEANS/RICE FRUIT MILK	MAC N CHEESE BITES GREEN BEAN FRUIT/MILK	NO SCHOOL
NOV 25 TH -29 TH	HOT DOG BAKED BEAN SALAD FRUIT MILK	SALISBURY STK MASHED CORN FRUIT MILK	NO SCHOOL	NO SCHOOL	NO SCHOOL



CHA Patriots Café

K-8

LUNCH

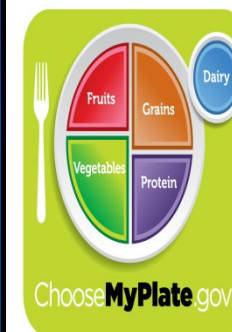


Daily Milk Choices:

Skim fat free

Students are encouraged to try the daily fruits and vegetables offered. Select at least ½ cup of fruit or vegetable to make it a meal. Second choice is Tuesdays sandwich choice and Thursdays salad choice.

Menu Subject to change.



Choose **MyPlate**.gov

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 1 ST					PIZZA BROC SIDE SALAD FRUIT MILK
NOV 4 TH -8 TH	HAMBURGER CARROTS FRUIT MILK	DRUM STICKS MASHED CORN FRUIT/ILK	TACO BEANS/RICE FRUIT MILK	MAC N CHEESE BITES GREEN BEAN FRUIT/MILK	PIZZA BROC SIDE SALAD FRUIT/MILK
NOV 11 TH -15 TH	HOT DOG BAKED BEAN SALAD FRUIT MILK	SALISBURY STK MASHED CORNROLL FRUIT MILK	BREAKFAST BISC. TOTS SAUSAGE FRUIT MILK	CHICKEN SAND GREEN BEANS FRUIT MILK	NO SCHOOL
NOV 18 TH -22 ND	HAMBURGER CARROTS FRUIT MILK	DRUM STICKS MASHED CORN FRUIT/ILK	TACO BEANS/RICE FRUIT MILK	MAC N CHEESE BITES GREEN BEAN FRUIT/MILK	PIZZA BROC SIDE SALAD FRUIT/MILK
NOV 25 TH -29 TH	HOT DOG BAKED BEAN SALAD FRUIT MILK	SALISBURY STK MASHED CORN/ROLL FRUIT MILK	NO SCHOOL	NO SCHOOL	NO SCHOOL

CHA Patriots Café

9-12

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 1 ST					PIZZA BROC SIDE SALAD FRUIT MILK
NOV 4 TH -8 TH	HAMBURGER CARROTS FRUIT MILK	CHICKEN BREAST MASHED CORN/ROLL FRUIT/ILK	TACO BEANS/RICE FRUIT MILK	MAC N CHEESE BITES GREEN BEAN FRUIT/MILK	PIZZA BROC SIDE SALAD FRUIT/MILK
NOV 11 TH - 15 TH	HOT DOG BAKED BEAN SALAD FRUIT MILK	COUNTRY STK MASHED CORN/ROLL FRUIT MILK	BREAKFAST BISC. TOTS SAUSAGE FRUIT MILK	CHICKEN SAND GREEN BEANS FRUIT MILK	NO SCHOOL
NOV 18 TH - 22 ND	HAMBURGER CARROTS FRUIT MILK	CHICKEN BREAST MASHED CORN/ROLL FRUIT/ILK	TACO BEANS/RICE FRUIT MILK	MAC N CHEESE BITES GREEN BEAN FRUIT/MILK	PIZZA BROC SIDE SALAD FRUIT/MILK
NOV 25 TH - 29 TH	HOT DOG BAKED BEAN SALAD FRUIT MILK	COUNTRY STK MASHED CORN ROLL FRUIT MILK	NO SCHOOL	NO SCHOOL	NO SCHOOL

Daily Milk Choices:
1% AND FAT FREE WHITE

1%
CHOCOLATE

Students are encouraged to try the daily fruits and vegetables offered.

WE OFFER A FRESH FRUIT AND VEGETABLE EVERY DAY

SECOND CHOICE OFFERED

MENU SUBJECT TO CHANGE

