

# SFSP November/December 2020 Breakfast Menu



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>11/9-11/13</b>	<b>Waffles w/ Syrup</b>	<b>Assorted Cereal</b>	<b>Veteran's Day</b>	<b>Assorted Cereal</b>	<b>French Toast Sticks w/ Syrup</b>
	<b>Fruit</b>	<b>Fruit</b>	<b>(Pick up meals</b>	<b>Fruit</b>	<b>Fruit</b>
	<b>Milk</b>	<b>Milk</b>	<b>On Tuesday</b>	<b>Milk</b>	<b>Milk</b>
			<b>For Wednesday)</b>		
<b>11/16-11/20</b>	<b>Cereal Bar</b>	<b>Assorted Cereal</b>	<b>Blueberry Muffin</b>	<b>Assorted Cereal</b>	<b>Egg/Cheese Muffin</b>
	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
<b>11/23-11/27</b>	<b>Bagel w/ Cream Cheese</b>	<b>Assorted Cereal</b>	<b>Ultimate Breakfast Round</b>	<b>Thanksgiving</b>	<b>Thanksgiving</b>
	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>(Pick up meals</b>	<b>(Pick up meals</b>
	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>On Wednesday for</b>	<b>On Wednesday for</b>
				<b>Thursday, Friday</b>	<b>Thursday, Friday</b>
				<b>Saturday, Sunday)</b>	<b>Saturday, Sunday)</b>
<b>11/30-12/4</b>	<b>Cereal Bar</b>	<b>Assorted Cereal</b>	<b>Blueberry Muffin</b>	<b>Assorted Cereal</b>	<b>Pancake/Sausage on a Stick</b>
	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Milk</b>	<b>Fruit</b>
	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Fruit</b>	<b>Milk</b>

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# SFSP November/December 2020 Lunch Menu



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>11/9-11/13</b>	<b>Corn Dog</b>	<b>Turkey &amp; Cheese Wrap</b>	<b>Veteran's Day</b>	<b>Cheese Burger on WG Bun</b>	<b>Ham &amp; Cheese Sandwich</b>
	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>	<b>(Pick up meals</b>	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>
	<b>Fruit</b>	<b>Fruit</b>	<b>On Tuesday</b>	<b>Fruit</b>	<b>Fruit</b>
	<b>Vegetable</b>	<b>Vegetable</b>	<b>For Wednesday)</b>	<b>Vegetable</b>	<b>Vegetable</b>
	<b>Milk</b>	<b>Milk</b>		<b>Milk</b>	<b>Milk</b>
<b>11/16-11/20</b>	<b>Chicken Burger on WG Bun</b>	<b>Turkey &amp; Cheese Sandwich</b>	<b>Hamburger on WG Bun</b>	<b>Ham &amp; Cheese Wrap</b>	<b>Chicken Nuggets</b>
	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>
	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
	<b>Vegetable</b>	<b>Vegetable</b>	<b>Vegetable</b>	<b>Vegetable</b>	<b>Vegetable</b>
	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
<b>11/23-11/27</b>	<b>Teriyaki Beef Dippers w/ Roll</b>	<b>Turkey &amp; Cheese Wrap</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Thanksgiving</b>	<b>Thanksgiving</b>
	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>	<b>(Pick up meals on</b>	<b>(Pick up meals on</b>
	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Wednesday for</b>	<b>Wednesday for</b>
	<b>Vegetable</b>	<b>Vegetable</b>	<b>Vegetable</b>	<b>Thursday, Friday</b>	<b>Thursday, Friday</b>
	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Saturday, Sunday)</b>	<b>Saturday, Sunday)</b>
<b>11/30-12/4</b>	<b>Hot Dog on WG Bun</b>	<b>Turkey &amp; Cheese Sandwich</b>	<b>Hamburger on WG Bun</b>	<b>Ham &amp; Cheese Wrap</b>	<b>Chicken Burger on WG Bun</b>
	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>	<b>OR PBJ Sandwich</b>
	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
	<b>Vegetable</b>	<b>Vegetable</b>	<b>Vegetable</b>	<b>Vegetable</b>	<b>Vegetable</b>
	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>

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## **GAPS November and December 2020 Weekend and Holiday Meals Menu**

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**11/11/20 Veteran's Day**—Yogurt and Graham Crackers, Fruit, Milk

Bean & Cheese Burrito OR PBJ Sandwich, Fruit, Vegetable, Milk

**11/14/20**—Assorted Cereal, Fruit, Milk

Hamburger OR PBJ Sandwich, Fruit, Vegetable, Milk

**11/15/20**—Cereal Bar, Fruit, Milk

Chicken Tenders OR PBJ Sandwich, Fruit, Vegetable, Milk

**11/21/20**—Assorted Cereal, Fruit, Milk

Cheeseburger OR PBJ Sandwich, Fruit, Vegetable, Milk

**11/22/20**—Cereal Bar, Fruit, Milk

Popcorn Chicken OR PBJ Sandwich, Fruit, Vegetable, Milk

**11/26/20**—Assorted Cereal, Fruit, Milk

Turkey & Cheese Sandwich OR PBJ Sandwich, Fruit, Vegetable, Milk

**11/27/20**—Waffles w/ Syrup, Fruit, Milk

Cheeseburger OR PBJ Sandwich, Fruit, Vegetable, Milk

**11/28/20**—Assorted Cereal, Fruit, Milk

Chickenburger OR PBJ Sandwich, Fruit, Vegetable, Milk

**11/29/20**—Cereal Bar, Fruit, Milk

Corn Dog OR PBJ Sandwich, Fruit, Vegetable, Milk

**12/5/20**—Assorted Cereal, Fruit, Milk

Chicken Tenders OR PBJ Sandwich, Fruit, Vegetable, Milk

**12/6/20**—Cereal Bar, Fruit, Milk

Hamburger OR PBJ Sandwich, Fruit, Vegetable, Milk

**Serving Safe**

# **HOT** Take-Out Foods

**Consume promptly or refrigerate within 1 hour of purchase. Keep refrigerated at 41° F / 5° C or below. Reheat quickly to internal temperature of 165° F / 74° C or above.**

**Serving Safe**

# **COLD** Take-Out Foods

**Refrigerate within 1 hour of pick-up or purchase. Keep refrigerated at 41° F / 5° C or below.**



Servir los alimentos de forma segura

**CALIENTE** las comidas

para llevar Consúmalas pronto o refrigere después de una hora de haber sido compradas. Conservarlas refrigeradas a 41° F / 5°C o menos. Recalentar a la temperatura del interior de 165°F / 74° C o más alta.

Servir los alimentos de forma segura  
Las comidas que se sirven

**FRIAS** para llevar, refrigere

después de una hora de haber sido compradas. Conservarlas refrigeradas a 41° F / 5° C o menos.