

All 5 Components are Offered Daily

- Milk, Fluid
- Meat/Meat Alternate
- Fruit
- Vegetable
- Grains/Breads

November 2021 CACFP Menu

Avondale
Bancroft
Casa de Oro
Highlands
Kempton
La Mesa Dale

La Presa Elementary
Rancho
La Mesa Arts Academy
STEAM
Spring Valley Academy

Monday	Tuesday	Wednesday	Thursday	Friday
1 Yogurt (8 oz) Hollandia Graham Crackers (2 pkgs) Carrot Sticks (1/2 cup) Apple (1 ea) Milk (8 oz)	2 CHEEZ IT'S (1 ea) String Cheese (2 ea) Peaches (1/4 cup) Carrot Sticks (1/2 cup) Milk (8 oz)	3 Galaxy Pizza (1 ea) Peaches (1/4 cup) Carrot Sticks (1/2 cup) Milk (8 oz)	4 Mini Cheeseburgers (1 ea) Carrot Sticks (1/2 cup) Cranberries (1 pkg) Milk (8 oz)	5 WG Corndog IW Carrot Sticks (1/2 cup) Sliced Strawberries (1/4 cup) Milk (8 oz)
8 Zee Zee Granola Bar String Cheese (2 ea) Carrot Sticks (1/2 cup) Apple (1 ea) Milk (8 oz)	9 Bean/Cheese Burrito (1 ea) Hollandia Peaches (1/4 cup) Carrot Sticks (1/2 cup) Milk (8 oz)	10 Galaxy Pizza (1 ea) Peaches (1/4 cup) Carrot Sticks (1/2 cup) Milk (8 oz)	11 ESS Closed for Veteran's Day	12 ESS Closed
15 Yogurt (8 oz) Hollandia Graham Crackers (2 pkgs) Carrot Sticks (1/2 cup) Apple (1 ea) Milk (8 oz)	16 Tortilla Chips (1 ea) Cheese Sauce (4 oz) Peaches (1/4 cup) Carrot Sticks (1/2 cup) Milk (8 oz)	17 Galaxy Pizza (1 ea) Peaches (1/4 cup) Carrot Sticks (1/2 cup) Milk (8 oz)	18 Mini Cheeseburgers (1 ea) Carrot Sticks (1/2 cup) Cranberries (1 pkg) Milk (8 oz)	19 WG Corndog IW Carrot Sticks (1/2 cup) Sliced Strawberries (1/4 cup) Milk (8 oz)
22	23	24	25	26
ESS Closed for Thanksgiving				
29 Yogurt (8 oz) Hollandia Graham Crackers (2 pkgs) Carrot Sticks (1/2 cup) Apple (1 ea) Milk (8 oz)	30 Bean/Cheese Burrito (1 ea) Hollandia Peaches (1/4 cup) Carrot Sticks (1/2 cup) Milk (8 oz)			