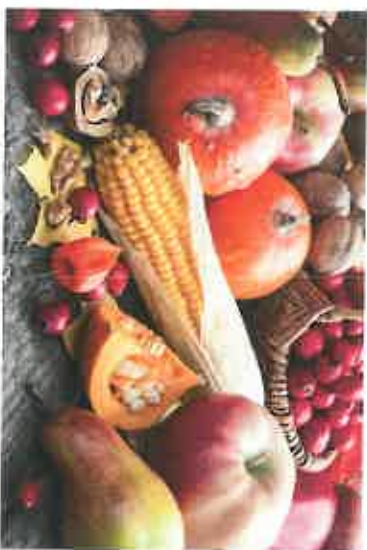


Cesar Chavez Elementary Martin

	Monday	Tuesday	Wednesday	Thursday	Friday
	522:780:87 Cocoa Puff Cereal Bar (30) Animal Crackers(20) Apple Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)	522:780:87 No School	522:780:87 Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	522:780:87 Egg & Cheese on WG English Muffin(24) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	522:780:87 WG Cinnamon Bar (45) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)
4	482:785:89 Cinnamon Toast Crunch Cereal(22) Animal Crackers(20) Apple Juice(15) Naranja Orange Cup 1% White or FF Chocolate Milk(14)	80:760:20 WG Pancake(58) Turkey Sausage(1) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)	534:635:94 WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	511:910:86 Egg & Cheese on WG English Muffin(24) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	572:780:103 WG Raspberry Bar (45) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)
11	442:795:81 Frosted Flakes(25) Mini Vanilla Wafers(19) Apple Juice(15) Flakeapple Raisin Cup(19) 1% White or FF Chocolate Milk(14)	552:957:98 Jumbo Waffle(62) Turkey Sausage(1) Orange Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)	544:880:73 Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	511:910:86 WG Cinnamon French Toast(44) Turkey Sausage(1) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	572:780:103 WG Apple Roll (35) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)
18	522:765:96 Trix Cereal(24) Animal Crackers(20) Riceal Bear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14)	589:1267:102 Egg & Cheese on WG English Muffin(24) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)	534:635:94 WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	564:867:107 No School	492:750:93 No School
25	442:775:83 No School	422:910:63 No School	544:880:73 No School	80:760:20 Thanksgiving Day	80:760:20 No School



Thought for Thought

Eating pumpkins is good for you! It Contains 9 Important nutrients-- Vitamin C, Vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as helps lower cholesterol. Have a happy and healthy Holiday Break!

Tips & Information

Nutrition Key -> Calcs:Sodium(mg);Carbs(g) - Item Carbs(g) In ()
 AvgCalcs:467 AvgSod(mg):816 AvgCarbs(g):90
 *or** = An alternative selection to choose. *WG*=Whole Grain
 1% White & Fat Free Chocolate Milk available daily.
****Menu Subject to Change****

