

November 2018

Somis Union School

BREAKFAST

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Menu subject to substitution. All meals are free to all students. Breakfast is served before school and during all morning recesses. All meals are served with the choice of 1% regular or nonfat TruMoo chocolate milk. Milk and water are served during the school day. Please contact us with questions or concerns. Thanks



This establishment is an equal opportunity employer.

Monday

Tuesday

Wednesday

Thursday

Friday



Staff Development Day 1
No School

Cereal 2
Juice
Fruit
Milk

Apple Frudel 5
Fruit
Cheese Stix
Milk

Cereal 6
Fruit
Juice
Milk

Yogurt 7
Muffins
Fruit
Milk

Pancakes 8
Ham
Fruit
Milk

Cereal 9
Juice
Fruit
Milk

Veteran's Day 12
No School

Cereal 13
Fruit
Juice
Milk

Yogurt 14
Muffins
Fruit
Milk

Waffles 15
Ham
Fruit
Milk

Cereal 16
Cheese Stix
Fruit
Milk

Fall Break 19
No School This Week

20

21

Happy Thanksgiving 22



Sausage Dogs 26
Fruit
Juice
Milk

Cereal 27
Fruit
Cheese Stix
Milk

Yogurt 28
Muffins
Fruit
Milk

Chocolate Crescent 29
Fruit
Cheese Stix
Milk

Cereal 30
Juice
Fruit
Milk