


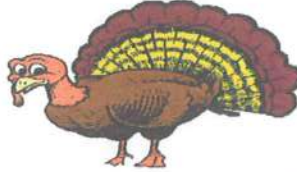
Breakfast Menu
2022-2023
Menu subject to change

November

Monday	Tuesday	Wednesday	Thursday	Nutrients
	1 Cereal Chocolate Bear Grahams Watermelon Applesauce Cup Fresh Apple Milk Skim Milk	2 Blueberry Muffin String Cheese Orange Craisins Fresh Apple Milk Skim Milk	3 Breakfast Burrito Orange Juice Fresh Apple Milk Skim Milk	Cal 553 T.Fat 10.21 G S.Fat 4.3 G Chol 54.8 Mg Sodm 515.23 Mg
7 Cherry/Apple Crunch Bar Craisins Fresh Apple Milk Skim Milk	8 Maple Mini Waffles Applesauce Cup Fresh Apple Milk Skim Milk	9 Mini Bagel/Cream Cheese Mango Peach Applesauce Cup Fresh Apple Milk Skim Milk	10 Pancake on a Stick Strawberries Fresh Apple Milk Skim Milk	Cal 583 T.Fat 10.28 G S.Fat 3.6 G Chol 21.8 Mg Sodm 466.61 Mg
14 Breakfast Wrap Strawberry Cup Fresh Apple Milk Skim Milk	15 Cinnamon Pull Aparts Craisins Fresh Apple Milk Skim Milk	16 Blueberry Mini Waffles Applesauce Cup Fresh Apple Milk Skim Milk	17 Gogurt Cinnamon Elf Graham Straw-Mango Sidekick Fresh Apple Milk Skim Milk	Cal 626 T.Fat 11.21 G S.Fat 3.7 G Chol 57.5 Mg Sodm 555.53 Mg
21				
28 Mini Bagel/Cream Cheese Strawberry Cup Fresh Apple Milk Skim Milk	29 Breakfast Pizza Apple Juice Fresh Apple Milk Skim Milk	30 Cinn Toast Cereal Bar String Cheese Craisins Fresh Apple Milk Skim Milk	<i>This institution is an equal opportunity provider.</i>	
				Cal 578 T.Fat 10.07 G S.Fat 4.1 G Chol 29.4 Mg Sodm 579.85 Mg

Cortez Schools
Lunch Menu/2022-2023
Menu subject to change due to
availability and seasonality.

NOVEMBER

Monday		Tuesday		Wednesday		Thursday		Nutrients	
	1	Hamburger on a Bun Catsup & Pickles Assorted Fruit/Veggie Milk Skim Milk	2	Macaroni and Cheese Dinner Roll Assorted Fruit/Veggie Milk Skim Milk	3	Submarine Sandwich Mayo Assorted Fruit/Veggie Milk Skim Milk	Cal 1598 T.Fat 38.63 G S.Fat 12.9 G Chol 83.8 Mg Sodm 2152.79 Mg		
7	8	Pepperoni Pizza Assorted Fruit/Veggie Milk Skim Milk	9	Tacos Spanish Rice Assorted Fruit/Veggie Milk Skim Milk	10	Chicken and Noodles Dinner Roll Assorted Fruit/Veggie Milk Skim Milk	11	Chicken Drumsticks Dinner Roll Assorted Fruit/Veggie Milk Chocolate Milk	Cal 1526 T.Fat 32.76 G S.Fat 9.3 G Chol 85.1 Mg Sodm 1637.76 Mg
14	15	Mandarin Chicken Rice Assorted Fruit/Veggie Milk Skim Milk	16	Southwestern Macaroni Dinner Roll Assorted Fruit/Veggie Milk Skim Milk	17	Hot Dog/Bun Mustard Catsup Assorted Fruit/Veggie Milk Skim Milk	18	Turkey Gravy Whipped Potatoes Assorted Fruit/Veggie Pumpkin Pie/Whipped Topping Dinner Roll Milk Chocolate Milk	Cal 1386 T.Fat 28.55 G S.Fat 8.0 G Chol 68.0 Mg Sodm 1832.69 Mg
21	22	 HAPPY THANKSGIVING				23	24		
28	29	French Toast Stix Sausage Links Assorted Fruit/Veggie Milk Skim Milk	30	Chili Cinnamon Roll Assorted Fruit/Veggie Milk Skim Milk	31	P.B./Jelly Sandwich String Cheese Assorted Fruit/Veggie Milk Skim Milk	<i>This institution is an equal opportunity provider.</i>		Cal 1636 T.Fat 42.86 G S.Fat 12.0 G Chol 63.9 Mg Sodm 1936.52 Mg