

SUNRISE ELEMENTARY

NOVEMBER

BREAKFAST



01

Entree
Cinnamon Chex Cereal
Buttermilk Bar
Fruit
Choice of Juice
Mixed Fruit
Grains

02

Entree
Turkey Ham & Cheese
Rippers
Cinnamon Toast Crunch
Cereal
Fruit
Choice of Juice
Fresh Pear

03

Entree
Apple Frudel
Honey Nut Cheerios
Cereal
Fruit
Choice of Juice
Fresh Oranges Wedges
Grains

04

07

Entree
Rice Krispies Cereal
Fruit
Choice of Juice
Plum
Grains
Assorted Breakfast Cereal

08

Entree
Cherry Frudel
Blueberry Mini Waffle
Golden Grahams Cereal
Fruit
Choice of Juice
Slices Apples, IW

09

10

Veterans Day



11

14

Entree
Bagel with Strawberry
Cream Cheese
Rice Krispies Cereal
Bagel & Cream Cheese
Fruit
Choice of Juice
Craisins

15

Entree
Turkey Ham & Cheese
Rippers
Banana Bread Slice
Fruit
Choice of Juice
Cherry Craisins
Grains

16

Entree
French Toast Texas style
Golden Grahams Cereal
Mini Maple Pancakes
Fruit
Choice of Juice
Slices Apples, IW
Grains

17

Entree
Breakfast Wrap w/ Egg,
Cheese, Potato & Turkey
Sausage
Cinnamon Toast Crunch
Cereal
Fruit
Choice of Juice
Fresh WA Apples

18

Entree
Turkey Ham & Cheese
Rippers
Coffee Cake
Honey Nut Cheerios
Cereal
Fruit
Fresh Oranges Wedges
Choice of Juice

21

Entree
Corn Muffin Loaf
Cocoa Puffs Cereal
Fruit
Choice of Juice
Raisins
Grains
Assorted Breakfast Cereal

22

Entree
Cinnamon Chex Cereal
Turkey Ham & Cheese
Slider
Fruit
Choice of Juice
Applesauce Cup
Grains

23

Entree
Mini Cinnamon French
Toast
Rice Krispies Cereal
Oatmeal Apple Cinnamon
Round
Fruit
Choice of Juice
Mixed Fruit

24



25

28

Entree
Bagel with Strawberry
Cream Cheese
Blueberry Chex Cereal
Fruit
Choice of Juice
Fresh Pear

29

Entree
Buttermilk Bar
Cinnamon Chex Cereal
Fruit
Choice of Juice
Mixed Fruit
Grains

30

Entree
French Toast Texas style
Golden Grahams Cereal
Fruit
Choice of Juice
Slices Apples, IW
Grains



SUNRISE ELEMENTARY

NOVEMBER

LUNCH



01

Entree
Toasted Cheese Sandwich Pocket
Chicken Burger & Crinkle Fries
Vegetables
Baby Carrots
Farmhouse Cheddar

02

Entree
Veggie Nuggets & Tater Tots
Brunch 4 Lunch: Egg Patty, Waffle Sticks, & Turkey Sausage Patty
Vegetables
Celery Sticks & Radish

03

Entree
Cheese Bagel Pizza
Taco Salad
Vegetables
Baby Carrots
Mini Green Salad
Farmhouse Cheddar Chickpeas

04

Entree
Garlic Cheese Bread w/ Marinara
Beef Teriyaki Dippers, Broccoli & Brown Rice
Vegetables
Baby Carrots
Green Beans

07

Entree
Yogurt Boat, Cornbread Muffin, w/ Cheese Stick
Chicken Corndog
Vegetables
Baby Carrots
Corn
Fruit

08

Entree
PB & Strawberry Jam w/ Sunflower Seeds
Vegetables
Baby Carrots
Vegetarian Baked Beans
Fruit
Fresh WA Apples

09

Entree
Build-Your-Own Pizza Lunch
Breaded Chicken Leg & Seasoned JoJos
Vegetables
Baby Carrots
Cucumber Cup

10

Entree
Asian Chicken Salad w/ Roll
Grains
Dinner Roll
Misc.
Ranch Dressing

11

Veterans Day



14

Entree
Yogurt Boat, Mini Waffles & Cheese Stick
Bean and Cheese Burrito
Teriyaki Chicken & Rice Bowl
Pasta Marinara with Chicken
Vegetables

15

Entree
Yogurt Boat, Cherry Crunch Bar & Sunflower Seeds
Galaxy Cheese Pizza
Hamburger & Fries
Vegetables
Farmhouse Cheddar Chickpeas

16

Entree
PB & Strawberry Jam w/ Sunflower Seeds
Taco Salad
Brunch 4 Lunch: Egg Patty, Waffle Sticks, & Turkey Sausage Patty
Vegetables
Baby Carrots

17

Entree
Cheese Bread Sticks & Marinara
Turkey Gravy & Mashed Potatoes
Chicken Caesar Salad
Vegetables
Farmhouse Cheddar Chickpeas

18

Entree
Macaroni and Cheese
Cheesy Pull-Aparts
Fish Nuggets & Fries
Vegetables
Green Beans
Baby Carrots
Fruit

21

Entree
Yogurt Boat, Apple Berry Bar & Cheese Stick
Chicken Nuggets & Fries
Vegetables
WK Corn
Baby Carrots
Fruit

22

Entree
PB & Strawberry Jam w/ Sunflower Seeds
Toasted Cheese Sandwich Pocket
Breaded Chicken Leg & Fries
Turkey Hot Dog & Fries
Vegetables

23

Entree
Chicken Soft Taco
Cheese Stuffed Breadsticks
Vegetables
Baby Carrots
Cucumber Cup
Fruit

24



25

28

Entree
Chicken Nuggets & Seasoned JoJos
Yogurt Boat, Mini Waffles & Sunflower Seeds
Chicken Tenders with Crinkles
Vegetables

29

Entree
Cheese Bagel Pizza
Toasted Cheese Sandwich Pocket
Turkey Hot Dog
Turkey Hot Dog & Tots
Vegetables

30

Entree
Brunch 4 Lunch: Egg Patty, Waffle Sticks, & Turkey Sausage Patty
Veggie Nuggets & Tater Tots
Vegetables
Celery Sticks & Radish

