November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Italian Turkey Sausage Breakfast Square **Tyson Chicken Tenders with Roasted Potatoes**	**5** Chicken Sausage Breakfast Sliders **Mac & Cheese with Steamed Broccoli**	**6** Crispito **Taco Bowl with or without Carnitas (pork), with Refried Beans**	**7** Eggstravaganza (pork) with Turkey Bacon **Charbroiled Beef Cheeseburger and Tater Tots**	**8** Yogurt with Granola **Pork Pepperoni or Cheese Pizza American Hero Shaved Ice**
11 *Veterans Day Holiday*	**12** Turkey Sausage Breakfast Pizza **Foster Farms Chicken Corn Dog with Tater Tots**	**13** Crispito **Crunchy Beef Taco, Refried Beans & Tortilla Chips**	**14** Blended Smoothie with Hardboiled Egg **Whole-Grain Breaded Chicken Sandwich**	**15** Egg & Cheese Croissant **Mandarin Orange Chicken with Hawaiian Brown Rice**

Students are invited to a

FALL FEAST LUNCH

NOVEMBER 20

Enjoy Carved Roasted Turkey with Roasted Potatoes, Asparagus and Sweet Potato Muffins; our fresh unlimited Salad Bar will feature Caesar Salad, Baby Corn, Figs, Hidden Rose Apples® and Mandarins.

With

- **Unlimited Produce Bar** full of fresh, locally-sourced fruits and vegetables
- **Low-fat or non-fat milk or Lactaid**

for Breakfast

Choose between the listed entrée or General Mills whole-grain cereal with side (when available), graham crackers, a variety of fresh & canned fruit.

for Lunch

Choose between the listed entrée or a Sunbutter sandwich with colby cheese stick & whole-grain goldfish.

Photo courtesy of Vy Tran, beyondsweetandsavory.com

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18 Italian Turkey Sausage Breakfast Square **Tyson Chicken Tenders with Roasted Potatoes**	**19** Chicken Sausage Breakfast Sliders **Mac & Cheese with Steamed Broccoli**	**20** Crispito **FALL FEAST** **Roasted Turkey, Mashed Potatoes & Gravy, Sweet Potato Muffin**	**21** Eggstravaganza (pork) with Turkey Bacon **Charbroiled Beef Cheeseburger and Tater Tots**	**22** Yogurt with Granola **Pork Pepperoni or Cheese Pizza American Hero Shaved Ice**
25	**26**	**27**	**28**	**29**

HOLIDAY BREAK

Nutrition Services has 3-hour lunch positions AVAILABLE NOW!
To apply, go to www.scusd.edu/employment or call Rebecca at 916-395-5600.

ON SALAD BARS THIS MONTH

Organic

HIDDEN ROSE APPLES®
GREEN DRAGON™ APPLES
LADY APPLES

FROM DRAGONBERRY PRODUCE

Dramatic Hidden Rose Apples® come to us from Dragonberry Produce in Oregon. The skin is pale yellow with a red blush and freckles, and the inside is vibrant pink. The taste is tart and mildly sweet, with hints of strawberry lemonade. This hard-to-grow fruit appears only in October and November.

Lady Apples are tiny, ranging from 1 inch to 2.5 inches in diameter. Only available in limited quantities during the fall, the flavor of this juicy apple ranges from tart to sweet.

Most green apples are known for their tart kick, but Green Dragon™ Apples taste more like red apples, with a hint of pineapple and pear mixed in.

Learn more at www.dragonberryproduce.com/unique-fruit

Sacramento City Unified School District

Nutrition Services
916-395-5600

This institution is an equal opportunity employer and provider. Menus subject to change.