

# NOVEMBER 2023

## BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> No meal service	<b>2</b> - Breakfast Muffin - Breakfast Cereal	<b>3</b> - Sunbutter & Jelly Sandwich - Breakfast Cereal
<b>6</b> - Hard Boiled Egg W/ Muffin - Breakfast Cereal	<b>7</b> - Breakfast Muffin - Breakfast Cereal	<b>8</b> - Bagel W/ Cream Cheese - Breakfast Cereal	<b>9</b> - Yogurt W/ Grahams - Breakfast Cereal	<b>10</b> No meal service
<b>13</b> - Breakfast Cereal	<b>14</b> - Breakfast Muffin - Breakfast Cereal	<b>15</b> - Bagel W/ Cream Cheese - Breakfast Cereal	<b>16</b> - Apple Cinnamon Frudel - Breakfast Cereal	<b>17</b> - Breakfast Cereal
<b>20</b> No meal service	<b>21</b> No meal service	<b>22</b> No meal service	<b>23</b> No meal service	<b>24</b> No meal service
<b>27</b> - Breakfast Cereal	<b>28</b> - Breakfast Scones - Breakfast Cereal	<b>29</b> - Concha - Breakfast Cereal	<b>30</b> - Breakfast Muffin - Breakfast Cereal	

### Drinks

Nonfat Milk, 1% Milk



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT, FRESH VEGETABLE AND A DRINK.



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



(650) 596-8008



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# NOVEMBER 2023

## Vegan / Gluten Free



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> No meal service	<b>2</b> - Vegan Chickpea Tikka Masala	<b>3</b> - Vegan Pinto Pozole W/T. Chips
<b>6</b> - Vegan Spanish Beans W/ Rice	<b>7</b> - Vegan Fried Rice	<b>8</b> - Vegan Bean Burrito Bowl	<b>9</b> - Vegan 3 Bean Chili W/ T.Chips	<b>10</b> No meal service
<b>13</b> - Vegan Chickpea Tikka Masala	<b>14</b> - Vegan Pinto Pozole W/T. Chips	<b>15</b> - Vegan Spanish Beans W/ Rice	<b>16</b> - Vegan Fried Rice	<b>17</b> NOON DISMISSAL
<b>20</b> No meal service	<b>21</b> No meal service	<b>22</b> No meal service	<b>23</b> No meal service	<b>24</b> No meal service
<b>27</b> - Vegan Fried Rice	<b>28</b> - Vegan Bean Burrito Bowl	<b>29</b> - Vegan 3 Bean Chili W/ T.Chips	<b>30</b> - Myo Vegan Tacos	<b>1</b>

### Drinks

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# NOVEMBER 2023

## LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> No meal service	<b>2</b> - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Cheese Enchiladas	<b>3</b> - Pepperoni Pizza - Cheese Pizza
<b>6</b> - Hamburger - Pasta W/ Olive Oil & Cheese	<b>7</b> - Chicken Parmesan On A French Roll - Bean And Cheese Burrito	<b>8</b> - Veggie Chow Mein - Pesto Caprese Salad	<b>9</b> - Breaded Chicken Sandwich - Penne Pasta W/ Marinara & Mozzarella	<b>10</b> No meal service
<b>13</b> - Greek Chicken W/ Rice Pilaf - Broccoli Cheddar Potato Bowl W/ Roll	<b>14</b> - Beef Hot Dog - Veggie Fried Rice	<b>15</b> - Wet Beef Burrito - Pasta Primavera	<b>16</b> - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce	<b>17</b> - Asian Chicken Wrap
<b>20</b> No meal service	<b>21</b> No meal service	<b>22</b> No meal service	<b>23</b> No meal service	<b>24</b> No meal service
<b>27</b> - Beef And Broccoli Bowl - Pasta X Plosion!	<b>28</b> - Beef Hot Dog - Bagel Kit	<b>29</b> - Chicken Enchiladas - Chicken Salad On A Hoagie	<b>30</b> - Sesame Orange Chicken W/ Rice - Cheese Enchiladas	

### Drinks

Nonfat Milk, 1% Milk



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# NOVEMBER 2023 BREAKFAST



Date	Menu Item	Count	Allergens
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Thursday 2	Breakfast Muffin	53	Wheat, Soy, Egg, Milk
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef
Friday 3	Sunbutter & Jelly Sandwich	53	Wheat, Soy
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef

Monday 6	Hard Boiled Egg W/ Muffin	53	Milk, Soy, Wheat, Egg
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef
Tuesday 7	Breakfast Muffin	53	Wheat, Soy, Egg, Milk
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef
Wednesday 8	Bagel W/ Cream Cheese	53	Wheat, Soy, Milk
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef
Thursday 9	Yogurt W/ Grahams	53	Wheat, Soy, Milk
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef

Monday 13	Breakfast Cereal	70	Wheat, Soy, Milk, Pork, Beef
Tuesday 14	Breakfast Muffin	53	Wheat, Soy, Egg, Milk
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef
Wednesday 15	Bagel W/ Cream Cheese	53	Wheat, Soy, Milk
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef
Thursday 16	Apple Cinnamon Frudel	Veg 53	Wheat, Soy, Egg, Milk
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef
Friday 17	Breakfast Cereal	50	Wheat, Soy, Milk, Pork, Beef

Monday 27	Breakfast Cereal	70	Wheat, Soy, Milk, Pork, Beef
Tuesday 28	Breakfast Scones	53	Wheat, Soy, Egg, Milk
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef
Wednesday 29	Concha	53	Wheat, Milk, Egg, Soy
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef
Thursday 30	Breakfast Muffin	53	Wheat, Soy, Egg, Milk
	Breakfast Cereal	17	Wheat, Soy, Milk, Pork, Beef

601 Taylor Way, San Carlos, CA 94070



# NOVEMBER 2023

## Vegan / Gluten Free



Date	Menu Item	Count	Allergens
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Thursday 2	Vegan Chickpea Tikka Masala	V	1	Tomato, Soy
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Friday 3	Vegan Pinto Pozole W/T. Chips	V	1	Tomato, Soy
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Monday 6	Vegan Spanish Beans W/ Rice	V	1	Tomato, Soy
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Tuesday 7	Vegan Fried Rice	V	1	Soy, Sesame
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Wednesday 8	Vegan Bean Burrito Bowl	V	1	Tomato, Soy
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Thursday 9	Vegan 3 Bean Chili W/ T.Chips	V	1	Tomato, Soy
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Monday 13	Vegan Chickpea Tikka Masala	V	1	Tomato, Soy
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Tuesday 14	Vegan Pinto Pozole W/T. Chips	V	1	Tomato, Soy
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Wednesday 15	Vegan Spanish Beans W/ Rice		1	Tomato, Soy
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Thursday 16	Vegan Fried Rice	V	1	Soy, Sesame
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Monday 27	Vegan Fried Rice	V	1	Soy, Sesame
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Tuesday 28	Vegan Bean Burrito Bowl	V	1	Tomato, Soy
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Wednesday 29	Vegan 3 Bean Chili W/ T.Chips	V	1	Tomato, Soy
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Thursday 30	Myo Vegan Tacos	V	1	Soy
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# NOVEMBER 2023

## LUNCH



Date	Menu Item	Count	Allergens
Thursday 2	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	1	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Enchiladas	1	Milk, Soy, Tomato
Friday 3	Pepperoni Pizza	1	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	1	Wheat, Soy, Milk, Tomato
Monday 6	Hamburger	1	Beef, Wheat, Soy
	Pasta W/ Olive Oil & Cheese	1	Wheat, Milk
Tuesday 7	Chicken Parmesan On A French Roll	1	Wheat, Soy, Milk, Tomato, Chicken
	Bean And Cheese Burrito	1	Milk, Wheat, Soy
Wednesday 8	Veggie Chow Mein	1	Wheat, Soy, Egg, Sesame
	Pesto Caprese Salad	1	Wheat, Milk, Tomato
Thursday 9	Breaded Chicken Sandwich	1	Wheat, Soy, Milk, Chicken, Sesame
	Penne Pasta W/ Marinara & Mozzarella	1	Wheat, Milk, Tomato
Monday 13	Greek Chicken W/ Rice Pilaf	1	Chicken
	Broccoli Cheddar Potato Bowl W/ Roll	1	Wheat, Milk, Soy, Egg
Tuesday 14	Beef Hot Dog	1	Wheat, Beef, Soy
	Veggie Fried Rice	1	Egg, Wheat, Soy
Wednesday 15	Wet Beef Burrito	1	Wheat, Soy, Milk, Beef
	Pasta Primavera	1	Wheat, Milk, Soy
Thursday 16	Chicken Nuggets W/ Rice Pilaf	1	Chicken, Soy, Wheat, Milk, Egg
	Cheese Ravioli W/ Marinara Sauce	1	Egg, Milk, Wheat, Tomato
Friday 17	Asian Chicken Wrap	30	Wheat, Soy, Milk, Chicken, Sesame
Monday 27	Beef And Broccoli Bowl	1	Wheat, Soy, Beef, Sesame
	Pasta Explosion!	1	Wheat, Milk, Tomato
Tuesday 28	Beef Hot Dog	1	Wheat, Beef, Soy
	Bagel Kit	1	Wheat, Milk
Wednesday 29	Chicken Enchiladas	1	Soy, Milk, Chicken, Tomato
	Chicken Salad On A Hoagie	1	Chicken, Egg, Milk, Wheat
Thursday 30	Sesame Orange Chicken W/ Rice	1	Wheat, Soy, Chicken, Sesame
	Cheese Enchiladas	1	Milk, Soy, Tomato

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