

**BREAKFAST**

All breakfasts include the following components:  
2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk. \*Optional  
breakfast is cereal, crackers, fruit & milk.

**NOVEMBER 2023**

Cascade Union Elementary School District

**LUNCH**

All lunches include the following components:  
1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains  
Fruit & vegetables

Monday

Tuesday

Wednesday

Thursday

Friday



**BREAKFAST:**  
SAUSAGE & CHEESE BISCUIT  
FRUIT

**LUNCH:**  
FRENCH TOAST & SAUSAGE  
HASHBROWNS  
FRUIT

**BREAKFAST:**  
EGGS & TOAST  
FRUIT

**LUNCH:**  
CHICKEN, RICE & BEAN BURRITO  
VEGGIE JUICE  
FRUIT

**BREAKFAST:**  
HOMEMADE MUFFIN  
STRING CHEESE & FRUIT

**LUNCH:**  
MAC & CHEESE  
SALAD  
FRUIT

**BREAKFAST:**  
EGGS & TOAST  
FRUIT

**LUNCH:**  
LOADED POPCORN CHICKEN BOWL  
CARROTS  
FRESH FRUIT

**BREAKFAST:**  
PANCAKES  
FRUIT

**LUNCH:**  
PIZZA  
SALAD  
FRUIT

**BREAKFAST:**  
BISCUIT & GRAVY  
FRUIT

**LUNCH:**  
HOMEMADE  
BEAN & CHEESE BURRITO  
CARROTS & FRUIT

**BREAKFAST:**  
FRENCH TOAST BAKE

**LUNCH:**  
EGG MCMUFFIN  
HASHBROWNS  
FRUIT

**BREAKFAST:**  
HOMEMADE MUFFIN  
STRING CHEESE & FRUIT

**LUNCH:**  
ORANGE CHICKEN & RICE BOWL  
SALAD  
FRUIT

**BREAKFAST:**  
EGGS & TOAST  
FRUIT

**LUNCH:**  
TURKEY GRAVY  
MASHED POTATOES  
ROLL & FRUIT

**BREAKFAST:**  
EGG & CHEESE CROSSANT  
FRUIT

**LUNCH:**  
PIZZA  
SALAD & FRUIT  
BIRTHDAY TREAT

Thanksgiving Break  
No School

**BREAKFAST:**  
SAUSAGE & CHEESE BISCUIT  
FRUIT

**LUNCH:**  
CHICKEN QUESADILLA  
REFRIED BEANS, SALSA  
FRUIT

**BREAKFAST:**  
EGGS & TOAST  
FRUIT

**LUNCH:**  
CHILI & CORNBREAD  
HASHBROWNS  
FRUIT

**BREAKFAST:**  
HOMEMADE MUFFIN  
STRING CHEESE & FRUIT

**LUNCH:**  
MAC & CHEESE  
SALAD  
FRUIT

**BREAKFAST:**  
FRUIT & YOGURT PARFAIT

**LUNCH:**  
LOADED POPCORN CHICKEN BOWL  
CARROTS  
FRESH FRUIT



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

Happy Birthday to everyone with a birthday in November!  
Birthday treat comes with hot lunch only.