



BLACK-EYED PEAS



NAVY BEANS



KIDNEY BEANS

# LEGUMES



PINTO BEANS



SPLIT PEAS



GARBANZO BEANS  
(CHICKPEAS)



## Triumph Menu November 2016

USDA and this institution are equal opportunity providers.

	Monday	Tuesday	Wednesday	Thursday	Friday
Break-fast		1 Egg & Cheese English Muffin & Seasonal Fruit	2 Pancakes Turkey Sausage & Seasonal Fruit	3 French Toast Turkey Sausage & Seasonal Fruit	4 Cheerios with Yogurt & Seasonal Fruit
Lunch		Bean & Cheese Burrito with Brown Rice & Seasonal Fruit	Popcorn Chicken with Baked Fries & Seasonal Fruit	Macaroni & Cheese with Roll & Green Bean & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack		"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Break-fast	7 Yogurt with Granola & Seasonal Fruit	8 Biscuit Turkey Sausage & Seasonal Fruit	9 Pancake on a Stick & Seasonal Fruit	10 Waffle Turkey Sausage & Seasonal Fruit	11 <b>NO SCHOOL</b>
Lunch	Cheese Enchilada with Black Beans & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Chicken Nuggets with Roll & Corn & Seasonal Fruit	Chicken Sandwich with Tossed Green Salad & Seasonal Fruit	<b>Veterans Day</b>
Snack	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples	Cheez-its Sliced Oranges	
Break-fast	14 Bagel Half with Cream Cheese & Seasonal Fruit	15 Egg & Cheese English Muffin & Seasonal Fruit	16 Pancakes Turkey Sausage & Seasonal Fruit	17 French Toast Turkey Sausage & Seasonal Fruit	18 Cheerios with Yogurt & Seasonal Fruit
Lunch	Cheese Quesadilla with Black Beans & Seasonal Fruit	Turkey Sandwich with Tossed Green Salad & Seasonal Fruit	Chicken Strips with Roll & Veggies & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack	Nabisco Nilla Wafers Fresh Banana	"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Break-fast	21	22	23	24 25 	
Lunch	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>		
Snack					
Break-fast	28 Yogurt with Granola & Seasonal Fruit	29 Egg & Cheese English Muffin & Seasonal Fruit	30 Pancakes Turkey Sausage & Seasonal Fruit	chartwells	
Lunch	Turkey Corn Dog Baked Fries & Seasonal Fruit	Bean & Cheese Burrito with Brown Rice & Seasonal Fruit	Popcorn Chicken with Baked Fries & Seasonal Fruit		
Snack	Nabisco Nilla Wafers Fresh Banana	"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers		

Low-fat milk is served with every breakfast and lunch.  
**Breakfast Prices:** \$1.50 paid, \$.30 reduced\*, \$2.50 Adults,  
**Lunch Prices:** \$2.55 paid, \$.40 reduced\*, \$3.25 Adults

\*You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program, call the food service office at 916.649.7844.  
Some menu items may change due to availability of products

