



# Palo Alto Unified School District Elementary & Middle School December Brunch Menu

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** rBST hormone free low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection and milk. All bread products are whole grain and all featured menu items contain zero trans fat.

| Monday 12-3   | Tuesday 12-4   | Wednesday 12-5   | Thursday 12-6   | Friday 12-7   |
|---|--|--|---|---|
| Egg, Cheese Breakfast Sandwich with Turkey Sausage<br>Benefit Bar<br>Assorted Cereal or Oatmeal & Sunflower Seeds | Waffle Sticks with Turkey Sausage<br>Breakfast Burrito with Tater Tots<br>Assorted Cereal or Oatmeal & Graham Crackers | Egg, Ham & Cheese English Muffin with Tater Tots<br>Apple Frudel<br>Assorted Cereal or Oatmeal & String Cheese | Mini French Toast w/Turkey Sausage<br>Cinnamon Roll<br>Assorted Cereal or Oatmeal & Sunflower Seeds               | Breakfast Sausage Pizza<br>Pancake on a Stick with Tater Tots<br>Assorted Cereal or Oatmeal & Graham Crackers |
| Monday 12-10  | Tuesday 12-11  | Wednesday 12-12  | Thursday 12-13  | Friday 12-14  |
| French Toast Sticks with Turkey Sausage<br>Cinnamon Roll<br>Assorted Cereal or Oatmeal & String Cheese            | Chicken & Waffles with Tater Tots<br>Cherry Frudel<br>Assorted Cereal or Oatmeal & Graham Crackers                     | Egg, Sausage, Cheese English Muffin<br>Fruit & Yogurt Parfait<br>Assorted Cereal or Oatmeal & String Cheese    | Mini Strawberry Pancakes with Turkey Sausage<br>Apple Bosco Stick<br>Assorted Cereal or Oatmeal & Sunflower Seeds | Breakfast Sausage Pizza<br>Bosco Stick<br>Assorted Cereal or Oatmeal & Graham Crackers                        |
| Monday 12-17  | Tuesday 12-18  | Wednesday 12-19  | Thursday 12-20  | Friday 12-21  |
| Egg, Cheese Breakfast Sandwich with Turkey Sausage<br>Benefit Bar<br>Assorted Cereal or Oatmeal & Sunflower Seeds | Waffle Sticks with Turkey Sausage<br>Breakfast Burrito with Tater Tots<br>Assorted Cereal or Oatmeal & Graham Crackers | Egg, Ham & Cheese English Muffin with Tater Tots<br>Apple Frudel<br>Assorted Cereal or Oatmeal & String Cheese | Mini French Toast w/Turkey Sausage<br>Cinnamon Roll<br>Assorted Cereal or Oatmeal & Sunflower Seeds               | Breakfast Sausage Pizza<br>Pancake on a Stick with Tater Tots<br>Assorted Cereal or Oatmeal & Graham Crackers |
| Monday 12-24  | Tuesday 12-25  | Wednesday 12-26  | Thursday 12-27  | Thursday 12-28  |
| Happy Holidays!   |  |  |   |   |
| Monday 12-31  | Tuesday 1-1  | Wednesday 1-2  | Thursday 1-3  | Thursday 1-4  |
| Happy Holidays!   |  |  |   |   |
| <b>Fruit Offerings</b><br>Apples<br>Oranges<br>Bananas<br>Raisins<br>Peaches                                      | <b>Fruit Offerings</b><br>Apples<br>Oranges<br>Bananas<br>Raisins<br>Cantaloupe Cubes                                  | <b>Fruit Offerings</b><br>Apples<br>Oranges<br>Bananas<br>Raisins<br>Kiwi                                      | <b>Fruit Offerings</b><br>Apples<br>Oranges<br>Bananas<br>Raisins<br>Honeydew Cubes                               | <b>Fruit Offerings</b><br>Apples<br>Oranges<br>Bananas<br>Raisins<br>Cantaloupe Cubes                         |



We use menu identifiers in the café to help students recognize **Local, Clean, Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates options that are made from scratch. **Vegetarian** items noted with **V**.

This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call 866-632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish).





# Palo Alto Unified School District Elementary & Middle School November Brunch Menu

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** rBST hormone free low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection and milk. All bread products are whole grain and all featured menu items contain zero trans fat.

| Monday 10-29  | Tuesday 10-30  | Wednesday 10-31  | Thursday 11-1   | Friday 11-2   |
|---|--|--|---|---|
|   |  |  | Mini French Toast w/Turkey Sausage<br><br>Cinnamon Roll<br><br>Assorted Cereal or Oatmeal & Sunflower Seeds               | Breakfast Sausage Pizza<br><br>Pancake on a Stick with Tater Tots<br><br>Assorted Cereal or Oatmeal & Graham Crackers |
| Monday 11-5   | Tuesday 11-6   | Wednesday 11-7   | Thursday 11-8   | Friday 11-9   |
| French Toast Sticks with Turkey Sausage<br><br>Cinnamon Roll<br><br>Assorted Cereal or Oatmeal & String Cheese            | Chicken & Waffles with Tater Tots<br><br>Cherry Frudel<br><br>Assorted Cereal or Oatmeal & Graham Crackers                     | Egg, Sausage, Cheese English Muffin<br><br>Fruit & Yogurt Parfait<br><br>Assorted Cereal or Oatmeal & String Cheese    | Mini Strawberry Pancakes with Turkey Sausage<br><br>Apple Bosco Stick<br><br>Assorted Cereal or Oatmeal & Sunflower Seeds | Breakfast Sausage Pizza<br><br>Bosco Stick<br><br>Assorted Cereal or Oatmeal & Graham Crackers                        |
| Monday 11-12  | Tuesday 11-13  | Wednesday 11-14  | Thursday 11-15  | Friday 11-16  |
| Egg, Cheese Breakfast Sandwich with Turkey Sausage<br><br>Benefit Bar<br><br>Assorted Cereal or Oatmeal & Sunflower Seeds | Waffle Sticks with Turkey Sausage<br><br>Breakfast Burrito with Tater Tots<br><br>Assorted Cereal or Oatmeal & Graham Crackers | Egg, Ham & Cheese English Muffin with Tater Tots<br><br>Apple Frudel<br><br>Assorted Cereal or Oatmeal & String Cheese | Mini French Toast w/Turkey Sausage<br><br>Cinnamon Roll<br><br>Assorted Cereal or Oatmeal & Sunflower Seeds               | Breakfast Sausage Pizza<br><br>Pancake on a Stick with Tater Tots<br><br>Assorted Cereal or Oatmeal & Graham Crackers |
| Monday 11-19  | Tuesday 11-20  | Wednesday 11-21  | Thursday 11-22  | Thursday 11-23  |
| <span style="font-size: 2em; font-weight: bold; color: orange;">Thanksgiving<br/>No School</span>                         |  |  |   |   |
| Monday 11-26  | Tuesday 11-27  | Wednesday 11-28  | Thursday 11-29  | Thursday 11-30  |
| French Toast Sticks with Turkey Sausage<br><br>Cinnamon Roll<br><br>Assorted Cereal or Oatmeal & String Cheese            | Chicken & Waffles with Tater Tots<br><br>Cherry Frudel<br><br>Assorted Cereal or Oatmeal & Graham Crackers                     | Egg, Sausage, Cheese English Muffin<br><br>Fruit & Yogurt Parfait<br><br>Assorted Cereal or Oatmeal & String Cheese    | Mini Strawberry Pancakes with Turkey Sausage<br><br>Apple Bosco Stick<br><br>Assorted Cereal or Oatmeal & Sunflower Seeds | Breakfast Sausage Pizza<br><br>Bosco Stick<br><br>Assorted Cereal or Oatmeal & Graham Crackers                        |
| Fruit Offerings   | Fruit Offerings  | Fruit Offerings  | Fruit Offerings   | Fruit Offerings   |
| Apples<br>Oranges<br>Bananas<br>Raisins<br>Peaches  | Apples<br>Oranges<br>Bananas<br>Raisins<br>Cantaloupe Cubes  | Apples<br>Oranges<br>Bananas<br>Raisins<br>Kiwi  | Apples<br>Oranges<br>Bananas<br>Raisins<br>Honeydew Cubes   | Apples<br>Oranges<br>Bananas<br>Raisins<br>Cantaloupe Cubes   |



We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates options that are made from scratch. **Vegetarian** items noted with **V**.

This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call 866-632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish).

