

A selection of fruit and milk available with all meals. Check uplifteducation.org/CNP website for additional information and updates.
*Menu subject to change.

NOVEMBER 2020

FREE BREAKFAST/ FREE LUNCH

Monday

Breakfast: 2
Cereal

Lunch:
Chicken Sandwich
Burger Salad
Potato Wedges

Breakfast: 9
Cereal

Lunch:
Cheeseburger Mac N Cheese
Broccoli

Breakfast: 16
Donut Holes

Lunch:
Tamales
Spanish Rice
Beans

Tuesday

Breakfast: 3
Maple Sausage Taquito

Lunch:
Frito Pie, Salsa
Refried Beans
Tomatoes W/Ranch

Breakfast: 10
Concha

Lunch:
Chicken Fajita
Brown Rice
Garden Salad

Breakfast: 17
Empanada

Lunch:
Meatloaf
Broccoli
Honey Wheat Roll

Wednesday

Breakfast: 4
Muffin Top

Lunch:
Country Fried Steak w/Gravy
Steamed Carrots
Honey Wheat Roll

Breakfast: 11
Cereal

Lunch:
Cheeseburger
Burger Salad
Potato Wedges

Breakfast: 18
Pop Tart

Lunch:
Chicken Tenders
Steamed Carrots
Honey Wheat Roll

Thursday

Breakfast: 5
Cereal

Lunch:
Spaghetti
Broccoli
Honey Wheat Roll

Breakfast: 12
Nutri-Grain Bar

Lunch:
Roasted Chicken Drumstick
Beans
Tomato w/Ranch

Breakfast: 19
Cereal

Lunch:
Turkey with Dressing
Mashed Potato
Honey Wheat Roll

Friday

Breakfast: 6
Banana Bread

Lunch:
Pizza
Cucumber W/Ranch

Breakfast: 13
Kolaches

Lunch:
Pizza
Corn
Cucumbers W/Ranch

Breakfast: 20
Muffin Flat

Lunch:
Pizza
Corn
Garden Salad



Happy Thanksgiving



Breakfast: 30
Cereal

Lunch:
Chicken Sandwich
Burger Salad
Potato Wedges



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