Noviembre 2026 Menu de desayunos

Lunes	Martes	Miércoles	Jueves
2 *Cereal Frosted mini wheats (3/4t z.)* *Piña (1/2 tz.)* *Leche (3/4 tz.)*	*3* *Pan tostado frances (35 gm.)* *Peras (1/2 tz.)* *Leche (3/4 tz.)*	*4* *Quesadillas (.5 oz.)* *Naranjas (1/2 c/u)* *Leche (3/4 tz.)*	*5* *NO ESCUELA*
9 *Cereal Cheerios (3/4 tz.)* *Platanos (1/2 tz.)* *Leche (3/4 tz.)*	*10* *Pan tostado con canela (1/2)* *Peras (1/2 tz.)* *Leche (3/4 tz.)*	*11* *Pan con queso (.5 oz.)* *Piña (1/2 tz.)* *Leche (3/4 tz.)*	*12* *Pan Bagels (14 gm.)* *Fruta tropical (1/2 tz.)* *Leche (3/4 tz.)*
16 *Cereal Cornflakes (3/4 tz.)* *Duraznos (1/2 tz.)* *Leche (3/4 tz.)*	*17* *Avena (3/4 tz.)* *Jugo de uva (1/2 tz.)* *Leche (3/4 tz.)*	*18* *Pan Waffles (17 gm.)* *Mandarinas (1/2 tz.)* *Leche (3/4 tz.)*	*19* *Pan tostado con crema de girasol (1)* *Peras (1/2 tz.)* *Leche (3/4 tz.)*
23 *Cereal Frosted mini wheats (3/4 tz.)* *Piña (1/2 tz.)* *Leche (3/4 tz.)*	*24* *Pan Muffins (28 gm.)* *Peras (1/2 tz.)* *Leche (3/4 tz.)*	*25* *NO ESCUELA*	*26* *NO ESCUELA*
30 *Cereal Corn chex (3/4 tz.)* *Pure de manzana (1/2 tz.)* *Leche (3/4 tz.)*			

Noviembre 2026 Menu de comidas

Lunes	Martes	Miércoles	Jueves
2 *Pollo (1.5 oz.)* *Ruedas de papa (1/4 tz.)* *Duraznos (1/4 tz.) Pan (1/2)* *Leche (3/4 tz.)*	*3* *Espagueti/salsa con carne (1.5 oz.)* *Ejotes (1/4 tz.)* *Pure de manzana (1/4 tz.)* *Leche (3/4 tz.)*	*4* *Fajitas de pollo/tortillas (1.5 oz.)* *Vegetales mixtos (1/4 tz.)* *Arandanos (1/4 tz.)* *Leche (3/4 tz.)*	*5* *NO ESCUELA*
9 *Hamburguesas/pan (1.5 oz.)* *Papas a la francesa (1/4 tz.)* *Naranjas (1/2 c/u)* *Leche (3/4 tz.)*	*10* *Pollo con fideos (1.5 oz.)* *Zanahorias (1/4 tz.)* *Fruta mixta (1/4 tz.)* *Leche (3/4 tz.)*	*11* *Pizza de res (1.5 oz.)* *Ensalada de espinacas (1/4 tz.)* *Pure de manzana (1/4 tz.)* *Leche (3/4 tz.)*	*12* *Sopa chili (1.5 oz.)* *Duraznos (1/4 tz.)* *Galletas saladas (11 gm.)* *Leche (3/4 tz.)*
16 *Nuggets de pollo (1.5 oz.)* *Papas a la francesa (1/4 tz.)* *Naranjas (1/2 c/u)* *Leche (3/4 tz.)*	*17* *Huevo (1.5 oz.)* *Zanahorias (1/4 tz.)* *Fruta mixta (1/4 tz.) Pan (1/2)* *Leche (3/4 tz.)*	*18* *Guisado Lasagna (1.5 oz.)* *Chicharos (1/4 tz.)* *Piña (1/4 tz.)* *Leche (3/4 tz.)*	*19* *Pavo (1.5 oz.)* *Pure de papas (1/4 tz.)* *Pure de manzana (1/4 tz.) Pan (1)* *Leche (3/4 tz.)*
23 *Nachos/carne/queso(1.5 oz.)* *Vegetales mixtos (1/4 cup)* *Duraznos (1/4 tz.)* *Leche (3/4 tz.)*	*24* *Arroz español con res (1.5 oz.)* *Chicharos (1/4 tz.)* *Mandarinas (1/4 tz.)* *Leche (3/4 tz.)*	*25* *NO ESCUELA*	*26* *NO ESCUELA*
30 *Emparedado de pavo (1.5 oz.)* *Zanahorias (1/4 tz.)* *Peras (1/4 tz.)* *Leche (3/4 tz.)*			

Noviembre 2026 Menu de bocadillos

Lunes	Martes	Miércoles	Jueves
2 *Pan bagel (1/2 oz.)* *Con marinara* *Jugo de manzana (1/2 tz.)*	*3* *Totopos (1/2 oz.)* *Frijoles refritos (1/4 oz.)*	*4* *Platano (1 c/u)* *Galletas Bug Bite (1/2 oz.)*	*5* *NO ESCUELA*
9 *Rollos de pavo (1/2 oz.)* *Manzana (1/2 tz.)*	*10* *Yogurt (4 oz.)* *Jugo de uva (1/2 tz.)*	*11* *Huevo cocido (1 c/u)* *Galletas Club (1/2 oz.)*	*12* *Pan muffin ingles (1/2 oz.)* *Pure de manzana (1/2 tz.)*
16 *Pretzels (1 c/u)* *Con Marinara* *Zanahorias (1/2 tz.)*	*17* *Queso (1 oz.)* *Manzanas (1/2 tz.)*	*18* *Yogurt (4 oz.)* *Galletas de canela (1/2 oz.)*	*19* *Espinaca* *Con adereso* *Galletas Goldfish (1/2 oz.)*
23 *Rollos de pavo (1/2 oz.)* *Apio (1/2 oz.)* *Con queso crema*	*24* *Zanahorias (1/2 tz.)* *Crema de girasol (1 TBL)*	*25* *NO ESCUELA*	*26* *NO ESCUELA*
30 *Pepinos (1/2 tz.)* *Con pure de garbazos* *Leche (1/2 tz.)*			