

**FREE** School Meals  
for ALL Students



**November 2021**

**Oak Valley Elementary  
Jonata Middle School**

November 22 through 26



Thanksgiving Break  
No School

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				
<b>FREE FOR ALL STUDENTS</b>				
Whole grain breakfasts, served with fruit, juice, and 1% or Fat-Free milk MUST take 2 items - MUST take AT LEAST 1/2 cup of Fruit - MAY take up to 2 different fruits - MAY take 1 Fat-Free or 1% milk				
Cereal Milk and Fresh Fruit	Whole Grain Muffin Milk and Fresh Fruit	Cereal Milk and Fresh Fruit	Mini Cinnis Milk and Fresh Fruit	Cereal Milk and Fresh Fruit
<b>LUNCH</b>				
<b>FREE FOR ALL STUDENTS</b>				
We offer 5 components at lunch: Meat, Grain, Fruit, Vegetables, and Milk MUST take 3 componenets - 1 component MUST be AT LEAST 1/2 cup fruit OR 1/2 cup Vegetable - MAY take 1 Fat-Free or 1% milk				
<b>11/1</b>	<b>11/2</b>	<b>11/3</b>	<b>11/4</b>	<b>11/5</b>
Pasta w/ Meat Sauce	Pepperoni Pizza	Chili Mac w/ Cornbread	Chicken Sandwich	Nachos
<b>11/8</b>	<b>11/9</b>	<b>11/10</b>	<b>11/11</b>	<b>11/12</b>
Sloppy Joes	Pepperoni Pizza	Pulled Pork Sandwich	 <b>VETERANS DAY</b>	<b>No School</b>
<b>11/15</b>	<b>11/16</b>	<b>11/17</b>	<b>11/18</b>	<b>11/19</b>
Pasta w/ Meat Sauce	Pepperoni Pizza	Chili Mac w/ Cornbread	Cheeseburger	Nachos
<b>11/22</b>	<b>11/23</b>	<b>11/24</b>	<b>11/25</b>	<b>11/26</b>
 <b>11/29</b>	 <b>11/30</b>	 <b>Happy Thanksgiving</b>		 <b>11/26</b>
Sloppy Joes	Pepperoni Pizza			

Menu is subject to change without notice. This institution is an equal opportunity provider. Breakfast and lunch FREE for all students! ¡Desayuno y almuerzo GRATIS para todos los estudiantes!