

Excelsior Phelan

NOVEMBER Student Meals

DID YOU KNOW?

VITAMIN D

TOP REASONS WHY YOU SHOULD BE GETTING VITAMIN D DAILY

- It helps with a number of conditions, such as osteoporosis, multiple sclerosis, and depression.
- It helps with blood sugar control and may help prevent heart disease.
- It helps with bone health and may help prevent osteoporosis.
- It helps with immune system function and may help prevent infections.
- It helps with mood and may help prevent depression.
- It helps with skin health and may help prevent psoriasis.

VITAMIN D IS IMPERATIVE FOR MAINTAINING HEALTH.

HERE ARE SOME MORE FACTS:

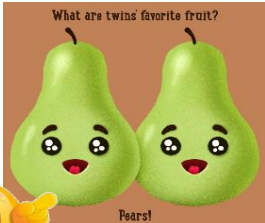
- It helps with blood sugar control and may help prevent heart disease.
- It helps with bone health and may help prevent osteoporosis.
- It helps with immune system function and may help prevent infections.
- It helps with mood and may help prevent depression.
- It helps with skin health and may help prevent psoriasis.

FOOD SOURCES INCLUDE:

- FISH OIL
- EGGS
- LEAN MEAT
- TOASTED BREAD
- YOGURT
- PLANT-BASED MILK



Dumb Joke of the Month



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.

revolution foods.

TUESDAY

2

Breakfast
Autumn Spice Muffin

Lunch
Ranchero Chicken con Queso Rice Bake, black beans

WEDNESDAY

3

Breakfast
Plain Bagel

Lunch
Sunbutter & Grape Jelly Sandwich, lettuce, tomato, string cheese

THURSDAY

4

Breakfast
Vanilla Concha Bread

Lunch
BBQ Beef Rib Sandwich, baby carrots

FRIDAY

5

Breakfast
French Toast Sticks

Lunch
Chicken Bites, edamame, pizza crackers

9

Breakfast
Blueberry Muffin

Lunch
Alfredo Pasta, broccoli, yogurt

10

Breakfast
Sausage & Cheddar Biscuit

Lunch
Bean & Cheese Pupusa, falafel tots

We thank you!

11th NOVEMBER

VETERANS DAY

HONORING ALL WHO SERVED

12

Breakfast
Vanilla Concha Bread

Lunch
Cheese Lasagna, green beans

16

Breakfast
Waffle

Lunch
Chicken Tamale, rice, corn

17

Breakfast
Pancakes

Lunch
Chicken Corn Dog Bites, garbanzos, edamame, carrot salad

18

Breakfast
Overnight Oatmeal

Lunch
Mac & Cheese, combread, sweet potatoes, cranberry sauce

19

Breakfast
Sausage & Cheddar Biscuit

Lunch
Cheeseburger, broccoli



30

Breakfast
Cheerios

Lunch
Ranchero Chicken con Queso Rice Bake, black beans

Blank menu box

Blank menu box

Blank menu box

2021