

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	B: WG Banana Bread, Applesauce Cup, 1% Milk L: Meatball Sub, WG Hoagie, Fresh Pear, Green Beans, 1% Milk S: Yogurt, Granola EDS: Vanilla Bears, 100% Orange Juice	4 B: WG Breakfast Pizza, Warm Apple Crisp, 1% Milk L: Sesame Chicken, Brown Rice, Broccoli, Pineapple (panned), 1% Milk S: Apple Cinnamon Bears, Fresh Pear EDS: WG Rice Cakes, Fresh Apple	5 B: WG Bagel Sandwich, Egg & Cheese, Wedges, Orange, 1% Milk L: Chicken Calabasa, corn, squash, peppers, Jicama Salad (CHEF), Fruit Cocktail panned, Spanish Rice, 1% Milk S: Black Bean Dip, WG Tortilla Chips EDS: Chicken Salad, WG Crackers	6 B: WG Pancake on a Stick, Tropical Fruit Panned, 1% Milk L: Shepherd's Pie w/ Cauli Mash, WG Roll, Fresh Apple, 1% Milk S: Cheddar Cheese Blocks, WG Crackers EDS: Ginger Bread cookie, 100% Apple Juice	7 B: WG Multigrain Cheerios, Fresh Banana, 1% Milk L: Fiesta Corn Salad w/ Chicken, Tortilla Chips, Spinach and Shredded cheese, Tropical Fruit Cup, Fiesta Dressing, 1% Milk S: Celery Sticks, Sunbutter, Raisins EDS: Strawberry Apple Sauce Cup, Cereal Bar
10	B: Biscuit, Applesauce Cup, 1% Milk, Jelly L: Chicken Penne Alfredo, Broccoli, Fresh Pear, 1% Milk S: Turkey Pepperoni, WG Crackers EDS: Cheese Sticks, WG Crackers	11 B: WG Breakfast Pizza, Warm Apple Crisp, 1% Milk L: Ginger Turkey Stir- Fry Recipe, Brown Rice, Normandy Blend, Pineapple (panned), 1% Milk S: Pineapple Salsa (CHEF), WG Tortilla Chips EDS: Chocolate Hummus (CHEF), WG Graham Cracker	12 B: WG Chicken Biscuit, OrangeWedges , 1% Milk L: Cheese Enchiladas, Spanish Rice, Pinto Beans, Fruit Cocktail (panned), 1% Milk S: Strawberry Apple Sauce Cup, Traditional Chex Mix EDS: Yogurt, Granola, Mixed Berries	13 B: WG Spiced Pear Oatmeal, Tropical Fruit Panned, 1% Milk L: Turkey ala king, WG Biscuit, Fresh Apple, 1% Milk S: Baby Carrots, Yogurt Tzatziki Sauce EDS: Nutrigrain Bar, Yogurt	14 B: WG Blueberry Chex, Fresh Banana, 1% Milk L: Buffalo Chicken Salad Sandwich, WG Bun, Celery Sticks, Tropical Fruit Cup, Ranch Dressing, 1% Milk S: WG Cheez Its, 100% Apple Juice EDS: Animal Crackers, Fresh Pear
17	B: WG French Toast Sticks, Applesauce Cup, 1% Milk, Syrup L: Turkey Stroganoff, Pasta, Ground Turkey, Peas & Carrots, Fresh Pear, 1% Milk S: WG Tortilla 6", Turkey & Cheese EDS: Graham Crackers, Fresh Apple	18 B: Egg & Cheese Omelet, Warm Apple Crisp, Biscuit, 1% Milk L: Teriyaki Chicken, Broccoli, Brown Rice, Pineapple (panned), 1% Milk S: Apples, WG Graham Crackers EDS: WG Cheez - Its, 100% Grape Juice	19 B: WG Kolache, Orange Wedges, 1% Milk L: Turkey w/ Gravy, Mashed Potatoes, Green Beans, WG Roll, Peach Crisp, 1% Milk S: Apple Cinnamon Bears, Fresh Banana EDS: Fresh Banana, Nutrigrain Bar	20 B: WG Pancakes, Turkey Sausage Link, Tropical Fruit (panned), 1% Milk, Syrup L: Breaded Chicken Sandwich, WG Bun, Chicken Patty, Sweet Potato Tots, Fresh Apple, Ranch Dressing, 1% Milk S: Caramel Rice Cakes, Chocolate Hummus (CHEF) EDS: Apple Cinnamon Bears, Fresh Pear	21 B: WG Cheerios, Fresh Banana, 1% Milk L: Italian Pasta Salad, Pasta Salad, Tropical Fruit Cup, 1% Milk S: 100% Fruit Punch, Cheddar Goldfish EDS: Oat Bar, Orange Wedges
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 B: GF Banana Muffin, Applesauce Cup, **Milk L: GF Chicken Sandwich, Grilled Chicken, GF Roll, Fresh Pear, Green Beans, **Milk S: Yogurt, GF Granola EDS: GF Cookie, 100% Orange Juice	4 B: B-Free Pizza, GF Apple Crisp, **Milk L: Grilled Chicken w/ Coconut Aminos, Brown Rice, Broccoli, Pineapple Panned, **Milk S: GF Cookie, Fresh Pear EDS: GF Cookie, Fresh Apple	5 B: Bella Biscuit Sandwich, Egg & Cheese, Wedges, Orange, **Milk L: Chicken Calabasa, Chicken, corn, squash, peppers, Jicama Salad (CHEF), Fruit Cocktail panned, Spanish Rice, **Milk S: Black Bean Dip, WG Tortilla Chips EDS: Chicken Salad, GF Tortilla Chips	6 B: GF Pancake & Turkey Sausage, Tropical Fruit Canned, **Milk L: Shepherd's Pie w/ Cauli Mash, Shepherd's Pie, GF Roll, Fresh Apple, **Milk S: Cheddar Cheese Blocks, GF Tortilla Chips EDS: GF Cookie, 100% Apple Juice	7 B: Cereal Bowl - Multi Grain Cheerios, Fresh Banana, **Milk L: Fiesta Corn Salad w/ Chicken, tortilla Chips, Spinach and Shredded cheese, Tropical Fruit Cup, Fiesta Dressing S: Celery Sticks, Sunbutter, Raisins EDS: Strawberry Apple Sauce Cup, Sunbutter Bar
10 B: Bella Biscuit, Applesauce Cup, **Milk L: GF Chicken Penne Alfredo, Chicken Penne Alfredo, Broccoli, Fresh Pear, **Milk S: Turkey Pepperoni, GF Tortilla Chips EDS: Cheese Sticks, GF Tortilla Chips	11 B: GF B-Free Pizza, GF Apple Crisp, **Milk L: GF Ginger Turkey Stir-Fry, Ginger Turkey Stir-Fry Recipe, Brown Rice, Normandy Blend, Pineapples panned, **Milk S: Pineapple Salsa (CHEF), GF Tortilla Chips EDS: Chocolate Hummus (CHEF), GF Cookie	12 B: Chicken Bella Biscuit, Wedges Orange, **Milk L: Cheese Enchiladas, Spanish Rice, Pinto Beans, Fruit Cocktail (panned), **Milk S: Strawberry Apple Sauce Cup, GF Cookie EDS: Yogurt, Granola, Mixed Berries	13 B: GF Spiced Pear Oatmeal, Tropical Fruit Canned, **Milk L: GF Turkey a la King, Turkey ala king(Recipes), Bella Biscuit, Fresh Apple, **Milk S: Baby Carrots, Yogurt Tzatziki Sauce EDS: Sunbutter Bar, Yogurt	14 B: Cereal Bowl - Blueberry Chex, Fresh Banana, **Milk L: Buffalo Chicken Salad Sandwich, Buffalo Chicken Salad, GF Bun, Celery Sticks, Tropical Fruit Cup, Ranch Dressing, **Milk S: GF Tortilla Chips, 100% Apple Juice EDS: GF Cookie, Fresh Pear
17 B: GF French Toast, Applesauce Cup, Syrup, **Milk L: GF DF Pasta, Ground Turkey, Peas & Carrots, Fresh Pear, **Milk S: Turkey & DF Cheese on GF Tortilla EDS: GF Cookie, Fresh Apple	18 B: DF Cheese Omelet, GF Apple Crisp, GF Biscuit, **Milk L: Teriyaki Chicken, Brown Rice, Pineapple (panned), **Milk S: Apples, GF Cookie EDS: GF Tortilla Chips, 100% Grape Juice	19 B: Turkey Sausage w/ Bella Biscuit, Wedges Orange, **Milk L: Turkey w/ GF gravy, Mashed Potatoes, Green Beans, Bella Biscuit, GF Peach Crisp, **Milk S: GF Cookie, Fresh Banana EDS: Fresh Banana, Sunbutter Bar	20 B: GF Pancakes, Sausage Link, Tropical Fruit Canned, Syrup, **Milk L: Breaded Chicken Sandwich, Sweet Potato Tots, Fresh Apple, DF Ranch Dressing, **Milk S: GF Cookie, Chocolate Hummus (CHEF) EDS: GF Cookie, Fresh Pear	21 B: Cereal Bowl - Cheerios, Fresh Banana, **Milk L: GF Italian Pasta Salad, Tropical Fruit Cup, Spring Mix, DF Ranch Dressing, **Milk S: 100% Fruit Punch, GF Tortilla Chips EDS: Sunbutter Bar, Orange Wedges
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 B: WG Banana Bread Applesauce Cup, Milk L: Chicken Meatballs, Milk S: 100% Fruit Juice, WG Tortilla Chips EDS: Vanilla Bears, 100% Orange Juice	4 B: Packaged Muffin, Fruit Cup, Milk L: Chicken Soup, Milk S: Apple Cinnamon Bears, Fresh Pear EDS: WG Rice Cakes, Fresh Apple	5 B: Cereal Bowl, Fresh Pear, Milk L: Beef Pepper Steak, Milk S: Shelf-Stable Yogurt, WG Crackers EDS: Fresh Banana, WG Crackers	6 B: Shelf Stable Yogurt, Granola, Fruit Cup, Milk L: Stuffed Chicken, Milk S: Baby Carrots, WG Cheese-Its EDS: Apple Cinnamon Bears, 100% Apple Juice	7 B: Cereal Bowl, Fresh Banana, Milk L: Stuffed Beef Cabbage, Milk S: 100% Fruit Juice, Vanilla Bears EDS: Strawberry Apple Sauce Cup, Cereal Bar
10 B: Cereal Bowl, Fruit Cup, Milk L: Beef Pepper Steak, Milk S: Mott's Applesauce Cup, Cheddar Goldfish (No pretzel) EDS: WG Cheez - Its, 100% Juice	11 B: Packaged Muffin, Fruit Cup, Milk L: Chicken Soup, Milk S: 100% Fruit Juice, WG Tortilla Chips EDS: Fruit Cup, WG Graham Cracker	12 B: Cereal Bowl, Fresh Pear, Milk L: Filet Salmon, Milk S: Shelf- Stable Yogurt, Traditional Chex Mix EDS: WG Rice Cake, Mott's Applesauce Cup	13 B: Shelf Stable Yogurt, Granola, Fruit Cup, Milk L: Beef Goulash, Milk S: Mott's Applesauce Cup, Vanilla Bears EDS: Traditional Chex Mix, Shelf Stable Yogurt	14 B: Cereal Bowl, Fresh Banana, Milk L: Roasted Chicken, Milk S: WG Cheez Its, 100% Fruit Juice EDS: Animal Crackers, Fresh Pear
17 B: Cereal Bowl, Fruit Cup, Milk L: Beef and Lamb Kabob, Milk S: Applesauce Cup, Vanilla Bears EDS: Vanilla Bears, 100% Juice	18 B: Packaged Muffin, Fruit Cup, Milk L: Stuffed Chicken, Milk S: Traditional Chex Mix, Baby Carrots EDS: WG Cheez Its, Baby Carrots	19 B: Cereal Bowl, Fresh Pear, Milk L: Beef Stuffed Cabbage, Milk S: Apple Cinnamon Bears, 100% Fruit Juice EDS: Fruit Cup, WG Crackers	20 B: Shelf Stable Yogurt, Granola, Fruit Cup, Milk L: Chicken Meatballs, Milk S: Sun Butter Sandwich EDS: Apple Cinnamon Bears, Fresh Pear	21 B: Cereal Bowl, Fresh Banana, Milk L: Beef Pepper Steak, Milk S: 100% Fruit Juice, Cheddar Goldfish (No pretzel) EDS: Traditional Chex Mix, 100% Juice
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NOVEMBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	B: GF Banana Bread, Applesauce Cup, Milk Alternative L: Veg Meatball Sub w/ DF Cheese, WG Hoagie, Fresh Pear, Green Beans, Milk Alternative S: DF Yogurt, GF Granola EDS: GF Cookie, 100% Orange Juice	4 B: Bagel Pizza w/ DF Cheese, Warm Apple Crisp, Milk Alternative L: Sesame Tofu, Brown Rice, Broccoli, Pineapple Panned, Milk Alternative S: Sunbutter Bar, Fresh Pear EDS: Sunbutter Bar, Fresh Apple	5 B: Bagel Sandwich, Veg Egg & DF Cheese, Wedges, Orange, Milk Alternative L: Tofu Calabasa, Jicama Salad (CHEF), Fruit Cocktail panned, Spanish Rice, Milk Alternative S: Black Bean Dip, WG Tortilla Chips EDS: Chickpea Salad, GF Tortilla Chips	6 B: GF Pancake & Veg Sausage, Tropical Fruit Canned, Milk Alternative L: Veg Shepherd's Pie w/ DF Cauli Mash, WG Roll, Fresh Apple, Milk Alternative S: DF Cheese, WG Crackers EDS: Ginger Bread cookie, 100% Apple Juice	7 B: Vegan Cereal, Fresh Banana, Milk Alternative L: Fiesta Corn Salad w/ Veg Crumbles, Tortilla Chips, Spinach, Tropical Fruit Cup, Fiesta Dressing, Milk Alternative S: Celery Sticks, Sunbutter, Raisins EDS: Strawberry Apple Sauce Cup, Cereal Bar
10	B: Bella Biscuit, Applesauce Cup, Milk Alternative L: Tofu Alfredo, Broccoli, Fresh Pear, Milk Alternative S: Tofu Bites, GF Tortilla Chips EDS: DF Cheese, GF Tortilla Chips	11 B: Bagel Pizza w/ DF Cheese, Warm Apple Crisp, Milk Alternative L: Ginger Tofu Stir- Fry Recipe, Brown Rice, Normandy Blend, Pineapples panned, Milk Alternative S: Pineapple Salsa (CHEF), WG Tortilla Chips EDS: Chocolate Hummus (CHEF), GF Cookie	12 B: Veg Sausage & Bella Biscuit, Orange Wedges, Milk Alternative L: Bean & DF Cheese Taco, Spanish Rice, Pinto Beans, Fruit Cocktail (panned), Milk Alternative S: Strawberry Apple Sauce Cup, Traditional Chex Mix EDS: DF Yogurt, GF Granola, Mixed Berries	13 B: Spiced Pear Oatmeal, Tropical Fruit (panned), Milk Alternative L: Tofu a la King, Bella Biscuit, Fresh Apple, Milk Alternative S: Baby Carrots, Hummus EDS: Sunbutter Bar, DF Yogurt	14 B: Vegan Cereal, Fresh Banana, Milk Alternative L: Buffalo Chickpea Salad Sandwich, WG Bun, Celery Sticks, Tropical Fruit Cup, DF Ranch Dressing, Milk Alternative S: GF Tortilla Chips, 100% Apple Juice EDS: Animal Crackers, Fresh Pear
17	B: French Toast Sticks, Applesauce Cup, Milk Alternative, Syrup L: Tofu Stroganoff, Pasta, Peas & Carrots, Fresh Pear, Milk Alternative S: Hummus & DF Cheese Wrap EDS: GF Cookie, Fresh Apple	18 B: Veg Egg & DF Cheese, Warm Apple Crisp, Bella Biscuit, Milk Alternative L: Teriyaki Tofu, Brown Rice, Pineapple (panned), Milk Alternative S: Apples, Sunbutter Bar EDS: GF Tortilla Chips, 100% Grape Juice	19 B: Veg Sausage & Bella Biscuit, Orange Wedges, Milk Alternative L: Veg Chick'n w/ Gravy, Mashed Potatoes, Green Beans, WG Roll, Peach Crisp, Milk Alternative S: GF Cookie, Fresh Banana EDS: Fresh Banana, Sunbutter Bar	20 B: Pancakes & Syrup, Veg Sausage, Tropical Fruit (panned), Milk Alternative L: Buffalo Sandwich w/ Morning Star Chick'n , Whole Grain Bun, Beyond Veg Patty, Sweet Potato Tots, s, Fresh Apple, DF Ranch Dressing, Milk Alternative S: Apples, Chocolate Hummus (CHEF) EDS: GF Cookie, Fresh Pear	21 B: Vegan Cereal, Fresh Banana, Milk Alternative L: Veg Italian Pasta Salad, Pasta Salad, Tropical Fruit Cup, Spring Mix, DF Ranch Dressing, Milk Alternative S: 100% Fruit Punch, GF Tortilla Chips EDS: Sunbutter Bar, Orange Wedges
24	25	26	27	28	

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3	B: Pan de plátano WG, taza de puré de manzana, leche al 1% L: Sándwich de albóndigas, sándwich integral, pera fresca, judías verdes, leche al 1% S: Yogurt, Granola EDS: Ositos de vainilla, 100% jugo de naranja	B: Pizza de desayuno WG, crujiente de manzana caliente, leche al 1% L: Pollo con sésamo, arroz integral, brócoli, piña (en sartén), leche al 1% S: Ositos de manzana y canela, pera fresca EDS: Tortitas de arroz WG, manzana fresca	B: Sándwich de bagel WG, huevo y queso, papas, rajas de naranja, leche al 1% L: Calabaza de pollo, maíz, calabaza, pimientos, ensalada de jicama (CHEF), cóctel de frutas, arroz español, leche al 1% S: Salsa de frijoles negros, totopos WG EDS: Ensalada de pollo, galletas WG	B: Panqueque WG en palito, fruta tropical (en sartén), leche al 1% L: Pastel de carne con puré de coliflor, panecillo integral, manzana fresca, leche al 1% S: Bloques de queso cheddar, galletas WG EDS: Galleta de pan de jengibre, jugo de manzana 100%	B: WG Cheerios multigrano, plátano fresco, leche al 1% L: Ensalada de maíz estilo fiesta con pollo, totopos, espinacas y queso rallado, copa de frutas tropicales, aderezo estilo fiesta, leche al 1% S: Palitos de apio, crema de girasol, pasas EDS: Taza de puré de manzana y fresa, barra de cereales
10	B: Galleta, compota de manzana en vaso, leche al 1%, gelatina L: Penne Alfredo con pollo, brócoli, pera fresca y leche al 1% S: Pepperoni de pavo, galletas WG EDS: Palitos de queso, galletas WG	B: Pizza de desayuno WG, crujiente de manzana caliente, leche al 1% L: Salteado de pavo con jengibre, arroz integral, mezcla Normandía, piña (en sartén), leche al 1% S: Salsa de piña (CHEF), Totopos WG EDS: Hummus de chocolate (CHEF), Galleta Graham WG	B: Galleta de pollo WG, rajas de naranja, leche al 1% L: Enchiladas de queso, arroz español, frijoles pintos, cóctel de frutas (en sartén), leche al 1% S: Taza de puré de manzana y fresa, mezcla tradicional de Chex EDS: Yogur, granola, frutos rojos mixtos	B: Avena especiada con pera WG, fruta tropical (en sartén), leche al 1% L: Pavo a la king, galleta WG, manzana fresca, leche al 1% S: Zanahorias mini, salsa tzatziki de yogur EDS: Barra de yogur Nutrigrain	B: WG Blueberry Chex, plátano fresco, leche al 1% L: Sándwich de ensalada de pollo Buffalo, pan integral, palitos de apio, copa de fruta tropical, aderezo ranch, leche al 1% S: WG Cheez Its, 100% jugo de manzana EDS: Galletas de animales, pera fresca
17	B: Palitos de tostada francesa WG, taza de puré de manzana, leche al 1%, jarabe L: Estofado de pavo Stroganoff, pasta, pavo molido, guisantes y zanahorias, pera fresca, leche al 1% S: Tortilla WG de 6 pulgadas, pavo y queso EDS: Galletas Graham, manzana fresca	B: Tortilla de huevo y queso, crumble de manzana caliente, galleta, leche al 1% L: Pollo teriyaki, brócoli, arroz integral, piña (en sartén), leche al 1% S: Manzanas, galletas Graham WG EDS: WG Cheez-Its, 100% jugo de uva	B: Kolache WG, rajas de naranja, leche al 1% L: Pavo con salsa, puré de papas, judías verdes, panecillo integral, crumble de durazno, leche al 1% S: Ositos de manzana y canela, plátano fresco EDS: Plátano fresco, barra Nutrigrain	B: Panqueques WG, salchicha de pavo, fruta tropical (en sartén), leche al 1%, jarabe L: Sándwich de pollo empanizado, pan integral, hamburguesa de pollo, papas fritas de camote, manzana fresca, aderezo ranch, leche al 1% S: Tortitas de arroz con caramelo, hummus de chocolate (CHEF) EDS: Ositos de manzana y canela, pera fresca	B: Cheerios WG, plátano fresco, leche al 1% L: Ensalada de pasta italiana, ensalada de pasta, copa de frutas tropicales, leche al 1% S: Goldfish de ponche de frutas 100%, sabor a queso cheddar EDS: Barrita de avena, rajas de naranja
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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3 B: Muffin de plátano sin gluten, compota de manzana en taza, **leche L: Sándwich de pollo sin gluten, pollo a la parrilla, panecillo sin gluten, pera fresca, judías verdes, **leche S: Yogurt, GF Granola EDS: Galleta sin gluten, jugo de naranja 100%	4 B: Pizza sin gluten, crumble de manzana sin gluten, **leche L: Pollo a la parrilla con aminos de coco, arroz integral, brócoli, piña en conserva y **leche. S: Galleta sin gluten, pera fresca EDS: Galleta sin gluten, manzana fresca	5 B: Sándwich de galleta Bella, huevo y queso, papas rajadas de naranja, **leche L: Calabaza de pollo, pollo, maíz, calabaza, pimientos, ensalada de jicama (CHEF), cóctel de frutas, arroz español, **leche S: Salsa de frijoles negros, totopos WG EDS: Ensalada de pollo, totopos sin gluten	6 B: Panqueque sin gluten y salchicha de pavo, fruta tropical enlatada, **leche L: Pastel de carne con puré de coliflor, pastel de carne, panecillo sin gluten, manzana fresca, **leche S: Bloques de queso cheddar, chips de tortilla sin gluten EDS: Galleta sin gluten, zumo de manzana 100%	7 B: Tazón de cereales - Cheerios multigrano, plátano fresco, **leche L: Ensalada de maíz estilo fiesta con pollo, totopos, espinacas y queso rallado, copa de fruta tropical, aderezo estilo fiesta. S: Palitos de apio, crema de girasol, pasas EDS: Taza de puré de manzana y fresa, barra de crema de girasol
10 B: Galleta Bella, taza de puré de manzana, **leche L: Penne Alfredo con pollo sin gluten, penne Alfredo con pollo, brócoli, pera fresca, **leche S: Pepperoni de pavo, totopos sin gluten EDS: Palitos de queso, totopos sin gluten	11 B: Pizza sin gluten y sin B, crumble de manzana sin gluten, **leche L: Salteado de pavo con jengibre sin gluten, receta de salteado de pavo con jengibre, arroz integral, mezcla Normandía, piñas en sartén, **leche S: Salsa de piña (CHEF), totopos sin gluten EDS: Hummus de chocolate (CHEF), galleta sin gluten	12 B: Galleta Chicken Bella, rajas de naranja, **leche L: Enchiladas de queso, arroz español, frijoles pintos, cóctel de frutas (en sartén), **leche S: Taza de salsa de manzana y fresa, galleta sin gluten EDS: Yogur, granola, frutos rojos mixtos	13 B: Avena especiada con pera sin gluten, fruta tropical enlatada, **leche L: Pavo a la King sin gluten, Pavo a la King (Recetas), Galleta Bella, Manzana fresca, **leche S: Zanahorias mini, salsa tzatziki de yogur EDS: Barra de mantequilla de girasol, yogur	14 B: Tazón de cereal - Chex de arándanos, plátano fresco, **leche L: Sándwich de ensalada de pollo Buffalo, ensalada de pollo Buffalo, pan sin gluten, palitos de apio, copa de fruta tropical, aderezo ranch, **leche S: Totopos sin gluten, jugo de manzana 100% EDS: Galleta sin gluten, pera fresca
17 B: Tostadas francesas sin gluten, compota de manzana, sirope, **leche L: Pasta sin gluten ni lácteos, pavo molido, guisantes y zanahorias, pera fresca, **leche S: Pavo y queso sin lácteos en tortilla sin gluten EDS: Galleta sin gluten, manzana fresca	18 B: Tortilla de queso sin lácteos, crumble de manzana sin gluten, galleta sin gluten, **leche L: Pollo teriyaki, arroz integral, piña (en sartén), **leche S: Manzanas, galleta sin gluten EDS: Totopos sin gluten, jugo de uva 100%	19 B: Salchicha de pavo con galleta Bella, rajas de naranja y **leche L: Pavo con salsa sin gluten, puré de papas, judías verdes, galleta Bella, crumble de durazno sin gluten, **leche sin lácteos S: Galleta sin gluten, plátano fresco EDS: Plátano fresco, barra de mantequilla de girasol	20 B: Panqueques sin gluten, salchicha, fruta tropical enlatada, jarabe, **leche L: Sándwich de pollo empanizado, croquetas de camote, manzana fresca, aderezo ranch sin lácteos, **leche S: Galleta sin gluten, hummus de chocolate (CHEF) EDS: Galleta sin gluten, pera fresca	21 B: Tazón de cereales - Cheerios, plátano fresco, **leche L: Ensalada de pasta italiana sin gluten, copa de frutas tropicales, mezcla de lechugas, aderezo ranch sin lácteos, **leche S: 100% ponche de frutas, chips de tortilla sin gluten EDS: Barra de mantequilla de girasol, rajas de naranja
24	25	26	27	28

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3 B: Vaso de puré de manzana y pan de plátano WG, leche L: Albóndigas de pollo, leche S: Jugo 100% fruta, topos WG EDS: Ositos de vainilla, 100% jugo de naranja	4 B: Magdalenas envasadas, copa de fruta, leche L: Sopa de pollo, leche S: Ositos de manzana y canela, pera fresca EDS: Tortitas de arroz WG, manzana fresca	5 B: Tazón de cereales, pera fresca, leche L: Filete de ternera con pimienta, leche S: Yogur de larga duración, galletas integrales EDS: Plátano fresco, galletas WG	6 B: Yogur de larga duración, granola, macedonia de frutas, leche L: Pollo relleno, leche S: Zanahorias baby, Cheese-Its WG EDS: Ositos de manzana y canela, 100% jugo de manzana	7 B: Tazón de cereales, plátano fresco, leche L: Repollo relleno de carne de res, leche S: Jugo de fruta 100% natural, ositos de vainilla EDS: Taza de puré de manzana y fresa, barra de cereales
10 B: Tazón de cereales, vaso de fruta, leche L: Filete de ternera con pimienta, leche S: Taza de puré de manzana Mott's, Goldfish de queso cheddar (sin pretzel) EDS: WG Cheez-Its, 100% jugo	11 B: Magdalenas envasadas, copa de fruta, leche L: Sopa de pollo, leche S: Jugo 100% fruta, topos WG EDS: Copa de frutas, galleta Graham WG	12 B: Tazón de cereales, pera fresca, leche L: Filete de salmón, leche S: Yogur de larga duración, mezcla tradicional Chex EDS: Pastel de arroz WG, taza de puré de manzana Mott's	13 B: Yogur de larga duración, granola, macedonia de frutas, leche L: Gulash de ternera, leche S: Taza de puré de manzana Mott's, Ositos de vainilla EDS: Mezcla Chex tradicional, yogur de larga duración	14 B: Tazón de cereales, plátano fresco, leche L: Pollo asado, leche S: WG Cheez Its, 100% jugo de fruta EDS: Galletas de animales, pera fresca
17 B: Tazón de cereales, vaso de fruta, leche L: Brocheta de ternera y cordero, leche S: Taza de puré de manzana, Ositos de vainilla EDS: Ositos de vainilla, 100% jugo	18 B: Magdalenas envasadas, copa de fruta, leche L: Pollo relleno, leche S: Mezcla tradicional de Chex, zanahorias baby EDS: Cheez-Its WG, zanahorias baby	19 B: Tazón de cereales, pera fresca, leche L: Repollo relleno de carne de res, leche S: Ositos de manzana y canela, 100% jugo de fruta EDS: Copa de frutas, galletas WG	20 B: Yogur de larga duración, granola, macedonia de frutas, leche L: Albóndigas de pollo, leche S: Sándwich de mantequilla de girasol EDS: Ositos de manzana y canela, pera fresca	21 B: Tazón de cereales, plátano fresco, leche L: Filete de ternera con pimienta, leche S: Jugo de fruta 100% natural, galletas Goldfish con sabor a queso cheddar (sin pretzel) EDS: Chex Mix tradicional, 100% jugo
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NOVIEMBRE DE 2025

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3	B: Pan de plátano sin gluten, compota de manzana en vaso, alternativa a la leche L: Sándwich de albóndigas vegetarianas con queso sin lácteos, pan integral, pera fresca, judías verdes y leche vegetal. S: Yogur sin lácteos, granola sin gluten EDS: Galleta sin gluten, zumo de naranja 100%	B: Pizza de bagel con queso sin lácteos, crumble de manzana caliente y alternativa a la leche. L: Tofu con sésamo, arroz integral, brócoli, piña en salsa, alternativa a la leche S: Barra de mantequilla de girasol, pera fresca EDS: Barra de mantequilla de girasol, manzana fresca	B: Sándwich de bagel, huevo vegetal y queso sin lácteos, gajos de naranja, alternativa a la leche L: Calabaza de tofu, ensalada de jícama (CHEF), cóctel de frutas, arroz español, alternativa a la leche S: Salsa de frijoles negros, totopos WG EDS: Ensalada de garbanzos, chips de tortilla sin gluten	B: Panqueque sin gluten y salchicha vegetal, fruta tropical enlatada, alternativa a la leche L: Pastel de pastor vegetariano con puré de coliflor sin lácteos, panecillo integral, manzana fresca y leche vegetal. S: Queso DF, galletas WG EDS: Galleta de pan de jengibre, jugo de manzana 100%	B: Cereal vegano, plátano fresco, alternativa a la leche L: Ensalada de maíz estilo fiesta con vegetales desmenuzados, totopos, espinacas, copa de frutas tropicales, aderezo estilo fiesta y alternativa a la leche. S: Palitos de apio, crema de girasol, pasas EDS: Taza de puré de manzana y fresa, barra de cereales
10	B: Galleta Bella, Taza de puré de manzana, Alternativa a la leche L: Tofu Alfredo, brócoli, pera fresca, alternativa a la leche S: Bocaditos de tofu, chips de tortilla sin gluten EDS: Queso sin lácteos, totopos sin gluten	B: Pizza de bagel con queso sin lácteos, crumble de manzana caliente y alternativa a la leche. L: Receta de salteado de tofu con jengibre, arroz integral, mezcla Normandía, piñas en sartén Alternativa a la leche S: Salsa de piña (CHEF), Totopos WG EDS: Hummus de chocolate (CHEF), galleta sin gluten	B: Salchicha vegetal y galleta Bella, gajos de naranja, alternativa a la leche L: Taco de frijoles y queso sin lácteos, arroz español, frijoles pintos, cóctel de frutas (en sartén), alternativa a la leche S: Taza de puré de manzana y fresa, mezcla tradicional de Chex EDS: Yogur sin lácteos, granola sin gluten, frutos rojos mixtos	B: Avena especiada con pera, fruta tropical (en sartén), alternativa a la leche L: Tofu a la King, Galleta Bella, Manzana fresca, Alternativa a la leche S: Zanahorias baby, hummus EDS: Barra de mantequilla de girasol, yogur sin lácteos	B: Cereal vegano, plátano fresco, alternativa a la leche L: Sándwich de ensalada de garbanzos estilo búfalo, pan integral, palitos de apio, copa de fruta tropical, aderezo ranch sin lácteos, alternativa a la leche S: Totopos sin gluten, jugo de manzana 100% EDS: Galletas de animales, pera fresca
17	B: Palitos de tostada francesa, compota de manzana en vaso, leche vegetal, sirope L: Stroganoff de tofu, pasta, guisantes y zanahorias, pera fresca, alternativa a la leche S: Wrap de hummus y queso sin lácteos EDS: Galleta sin gluten, manzana fresca	B: Huevo vegetal y queso sin lácteos, crujiente de manzana caliente, galleta Bella, alternativa a la leche L: Tofu teriyaki, arroz integral, piña (en sartén), alternativa a la leche S: Manzanas, barra de mantequilla de girasol EDS: Totopos sin gluten, jugo de uva 100%	B: Salchicha vegetal y galleta Bella, gajos de naranja, alternativa a la leche L: Pollo vegano con salsa, puré de papa, judías verdes, panecillo integral, crumble de melocotón, alternativa a la leche S: Galleta sin gluten, plátano fresco EDS: Plátano fresco, barra de mantequilla de girasol	B: Panqueques con sirope, salchicha vegetal, fruta tropical (en sartén), alternativa a la leche L: Sándwich Buffalo con pollo vegano Morning Star, pan integral, hamburguesa vegetal Beyond, croquetas de boniato, manzana fresca, aderezo ranch sin lácteos y leche vegetal. S: Manzanas, Hummus de Chocolate (CHEF) EDS: Galleta sin gluten, pera fresca	B: Cereal vegano, plátano fresco, alternativa a la leche L: Ensalada de pasta italiana vegetariana, ensalada de pasta, copa de frutas tropicales, mezcla de lechugas, aderezo ranch sin lácteos, alternativa a la leche S: 100% ponche de frutas, chips de tortilla sin gluten EDS: Barra de mantequilla de girasol, gajos de naranja
24	25	26	27	28	