Breakfast Menu

MONDAY

French Toast Sticks and Sausage 11/2, 11/16, & 11/30
Breakfast Burrito 11/9 & 11/23

TUESDAY

Yogurt Parfait

WEDNESDAY

Fresh Baked Wednesday

THURSDAY

Sausage, Egg, and Cheese Sandwich on a Truckee Sourdough English Muffin



FRIDAY

Truckee Sourdough Bagel with cream cheese 11/6 & 11/20
Scrambled Eggs & Hash Brown 11/13

Includes Milk, Fresh Fruit, or Juice
Cereal available every day

Menu may vary based on availability

community ROOTS
REAL FOOD. REAL GROWTH.

MENU

NOVEMBER

Lunch

2 Penne Pasta[WG] with Beef Marinara Sauce	3 Shredded Beef Tamales	4 General Tso Dumplings with Vegetable Fried Rice	5 Pizza	6 Shredded Chicken Sandwich
9 Build Your Own Baked Potato	10 Beef Tacos	11 No School	12 Pizza	13 Hot Dog with Potato Wedges
16 Penne Pasta[WG] with Beef Marinara Sauce	17 Bean and Cheese Nachos	18 Mary's BBQ Chicken Drumstick with Mashed Potatoes, a Roll[WG]	19 Pizza	20 Chicken Sandwich with Potato Wedges
23 Build Your Own Baked Potato	24 Beef Tacos	25 Chicken Nuggets[WG] with Potato Wedges	26 No School	27
30 Penne Pasta[WG] with Beef Marinara Sauce				

All meals served with Clover Sonoma RBST-free 1% or fat free milk.

Menu may vary based on availability.

Community Roots Vision: Nourishing Nevada County students with fresh, locally sourced meals, fostering health, sustainability, and community well-being.

www.communityrootsnc.org

Salad Bar is available everyday with:

- Romaine lettuce
- Cherry tomatoes
- Cucumbers
- Baby carrots
- Broccoli
- Celery
- Fruit

…and more!

DF = Dairy Free
LS = Locally Sourced
WG = Whole Grain

Follow us!
Instagram
Facebook
LinkedIn



MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

This institution is an equal opportunity provider.

community ROOTS
REAL FOOD. REAL GROWTH.

MENU

NOVEMBER

Supper

2 Snack Pack	3 Black Bean Burger Patty with Potato Wedges and Broccoli	4 Turkey Sandwich with Carrots	5 Birria Pupusa with Curtido Salad	6 SunButter & Jelly Sandwich with Salad and Cucumber
9 Snack Pack	10 Baked Potato with Broccoli	11 No School	12 Bean & Cheese Pupusa with Curtido Salad	13 SunButter & Jelly Sandwich with Salad and Cucumber
16 Snack Pack	17 Black Bean Burger Patty with Potato Wedges and Broccoli	18 Turkey Sandwich with Carrots	19 Birria Pupusa with Curtido Salad	20 SunButter & Jelly Sandwich with Salad and Cucumber
23 Snack Pack	24 Baked Potato with Broccoli	25 Chicken Caesar Wrap with Carrots	26 No School	27
30 Snack Pack				

Snack

Mondays
1.2 oz. Sunflower Seeds
6 oz. 100% Apple Juice

Tuesdays
1 oz. Cinnamon Bear Grahams[WGR]
Apples (3/4 cup 125-138ct)

Wednesdays
1 oz. Cheez-Its[WGR]
1 oz. String Cheese

Thursdays
.75 oz. Goldfish[WGR]
Apples (3/4 cup 125-138ct)

Fridays
.75 oz. Pretzels[WGR]
Apples
(3/4 cup 125-138ct)

All meals served with fresh fruit and Clover Sonoma RBST-free 1% or fat free milk.

Follow us!
Instagram
Facebook
LinkedIn



This institution is an equal opportunity provider.