

# Making Waves Academy November **REMIX** 2023 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		01	02	03
		No School	<b>Breakfast</b> W Home Baked Corn Bread Waffles Whole Fresh Fruit Milk <b>Lunch</b> W NEW Breaded Chicken Sandwich on WG Honey Bun Roasted Edamame W Cheese Sandwich on Chibatta Broccoli Slaw W Chicken Cesar Pasta Salad Broccoli Slaw Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W Cheddar Cheese Topped Bagel Whole Fresh Fruit Milk <b>Lunch</b> W NEW Whole Pizza FRIDAY (Slices of Cheese or Pepperoni) W Chicken Salad Sandwich Baby Carrots Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese
06	07	08	09	10
<b>Breakfast</b> W Breakfast Cereal of the Day Whole Fresh Fruit Milk <b>Lunch</b> W Natural Chicken Tenders Peas W Cheese Quesadilla Peas W Turkey Sandwich Fresh Jicama Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W NEW Home Baked Pumpkin Muffins Whole Fresh Fruit Milk <b>Lunch</b> W NEW Chicken Corn Dog Baby Carrots W Grilled Cheese Carrots W Chicken Cesar Pasta Salad Broccoli Slaw Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W Home Baked Squares Whole Fresh Fruit Milk <b>Lunch</b> W NEW Cheese Ravioli Corn W Chefables Sub Sandwich Fresh Cucumbers Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W NEW UBE Tres Leches Breakfast Squares Whole Fresh Fruit Milk <b>Lunch</b> W NEW Whole Pizza FRIDAY (Slices of Cheese or Pepperoni) W Chicken Salad Sandwich Baby Carrots Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	Closed
13	14	15	16	17
<b>Breakfast</b> W Breakfast Cereal of the Day Whole Fresh Fruit Milk <b>Lunch</b> W Natural Chicken Tenders Peas W Cheese Quesadilla Peas W Turkey Sandwich Fresh Jicama Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W Home Baked Brioche Muffin Whole Fresh Fruit Milk <b>Lunch</b> W NEW Chicken Corn Dog Baby Carrots W Grilled Cheese Carrots W Chicken Cesar Pasta Salad Broccoli Slaw Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W Home Baked Squares Whole Fresh Fruit Milk <b>Lunch</b> W NEW Rigatoni + Roasted Chicken Pasta Alfredo W Cheese Quesadilla Corn W Chefables Sub Sandwich Fresh Cucumbers Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W Home Baked Buttermilk Pancakes Whole Fresh Fruit Milk <b>Lunch</b> W NEW Flame Grilled Burger on WG Honey Bun Roasted Edamame W Cheese Sandwich on Chibatta Broccoli Slaw W Chicken Cesar Pasta Salad Broccoli Slaw Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W Home Baked Squares Whole Fresh Fruit Milk <b>Lunch</b> W NEW Whole Pizza FRIDAY (Slices of Cheese or Pepperoni) W Chicken Salad Sandwich Baby Carrots Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese

20	21	22	23	24
<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b> <b>Happy Thanksgiving!!</b>	<b>Closed</b>
27	28	29	30	
<b>Breakfast</b> W Breakfast Cereal of the Day Whole Fresh Fruit Milk <b>Lunch</b> W Natural Chicken Tenders Peas W V Cheese Quesadilla Peas W Turkey Sandwich Fresh Jicama Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W NEW Home Baked Breakfast UBE & Pandan Twist Whole Fresh Fruit Milk <b>Lunch</b> W NEW Chicken Corn Dog Baby Carrots W V Grilled Cheese Carrots W Chicken Cesar Pasta Salad Broccoli Slaw Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W Home Baked Squares Whole Fresh Fruit Milk <b>Lunch</b> W NEW Rigatoni + Roasted Chicken Pasta Alfredo Corn W V Cheese Quesadilla Corn W Chefables Sub Sandwich Fresh Cucumbers Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	<b>Breakfast</b> W Home Baked French Toast Stick Whole Fresh Fruit Milk <b>Lunch</b> W NEW Breaded Chicken Sandwich on WG Honey Bun Roasted Edamame W V Cheese Sandwich on Chibatta Broccoli Slaw W Chicken Cesar Pasta Salad Broccoli Slaw Whole Fresh Fruit Milk <b>P.M. Snack</b> W Variety of Homemade Whole Grain Baked items / Fruits or Veggies / Yogurt or Cheese	

#### Notes

- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.
- This institution is an equal opportunity provider.
- Lowfat (1%) milk or non-fat milk offered/served at ALL breakfast, and Lunch meals. All Milk served is rBST-free.



**Just some of the vegetables this month:** Artichoke arugula Asian green avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard greens corn cucumber eggplant beans kale leeks lettuce mushroom okra onion parsnip peas peppers potato radishes rhubarb rutabaga scallions spinach summer/winter squash sunchoke sweet tomatillo tomatoes turnips Manzana pera asiática moras nopal dátiles higos uvas azufajfa kiwi kumquats limón lima melón naranja durazno caqui ciruelas granada membrillo fresas Artichokes bean cress endive lettuces mushrooms mustard olives radicchio summer tomato



**Just some of the fruits this month:** Apples Asian pear blackberries cactus dates figs grapes jujubes kiwi kumquats lemons limes melon oranges peaches persimmons plums pomegranates quince strawberries Apple avocado blackberry lemon nectarine pluots raspberries strawberry

**NEW** = New menu offering **W** = Whole Grain Rich **V** = Vegetarian Menu Option