



November 2020

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
All Beef Hamburger Ranchero Beans Pears, Milk	BBQ Beef Riblet on a Whole Wheat Bun Mashed Potatoes, 100% Fruit Juice, Milk	Pizza Romaine Lettuce Banana Milk	Chicken and Cheese Taco Carrots, Apple Milk	Chicken Nuggets Mixed Vegetable, Assorted Fruit Cups, Milk
9	10	11	12	13
Chicken Patty on a Whole Wheat Bun Baked Beans Pineapple Tidbits, Milk	All Beef Hot Dog Oven Brown Potato Bites 100% Fruit Juice, Milk	Pizza Romaine Lettuce Banana Milk	Beef & Cheese Nachos Carrots Apple, Milk	Chicken Alfredo Mixed Vegetables Applesauce, Milk
16	17	18	19	20
All Beef Hamburger on a Whole Wheat Bun Baked Beans Pears, Milk	BBQ Meatballs Whole Wheat Roll Corn 100% Fruit Juice, Milk	Pizza Romaine Lettuce Banana Milk	Oven Roasted Turkey Dinner Carrots Apple, Milk	Chicken Tenders Mixed Vegetables Assorted Fruit Cups, Milk
23	24	25	26	27
Sloppy Joe on a Whole Wheat Bun Ranchero Beans Pineapple Tidbits, Milk	Pizza Romaine Lettuce 100% Fruit Juice Milk	No School	<i>Give Thanks</i> 	
30				
No School				

*East Shore
Leadership
Academy*

k-8



Lunch

Provided by
CJ's Catering & Food Service

This institution is an equal
opportunity provider.
All lunches include Milk,
Fruits & or Vegetables, Bread
or Bread Equivalent, Meat or
Meat equivalent
(Menu is subject to change)
Milk Offered: Fat Free
Chocolate and Low Fat White



November 2020

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Assorted Fruit Muffin Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Cinnamon Creamy Cheese Mini Bagels Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Powdered Donut Holes Apple Milk
9	10	11	12	13
Assorted Fruit Muffin Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Honey Wheat Bagel Cream Cheese Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Granola Bar Apple Milk
16	17	18	19	20
Assorted Fruit Muffin Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Strawberry Creamy Cheese Mini Bagels Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Blueberry Snack'n Loaf Apple Milk
23	24	25	26	27
Assorted Fruit Muffin Mixed Fruit Cup 100% Fruit Juice Milk	Cereal Apple Milk	No School	<i>Give Thanks</i> 	
30				
No School				



*East Shore
Leadership
Academy
k-8
Breakfast*

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November 2020

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Beef Enchilada Bake Ranchero Beans Pears, Milk	Baked Meatloaf Mashed Potatoes 100% Fruit Juice, Milk	Pizza Broccoli Florets Peaches Milk	Albie's Wowbutter & Jelly Sandwich Carrots, Apple Milk	Mostacioli Mixed Vegetable, Assorted Fruit Cups, Milk
9	10	11	12	13
Chicken and Cheese Quesadilla Baked Beans Pineapple Tidbits, Milk	Grilled Cheese Oven Brown Potato Bites 100% Fruit Juice, Milk	Pizza Broccoli Florets Peaches Milk	All Beef Hamburger Carrots Apple, Milk	Macaroni and Cheese Mixed Vegetables Applesauce, Milk
16	17	18	19	20
Beef Enchilada Bake Ranchero Beans Pears, Milk	Bean and Cheese Burrito Corn 100% Fruit Juice, Milk	Pizza Broccoli Florets Peaches Milk	Albie's Wowbutter & Jelly Sandwich Carrots Apple, Milk	Mostacioli Mixed Vegetables Assorted Fruit Cups, Milk
23	24	25	26	27
Chicken and Cheese Quesadilla Baked Beans Pineapple Tidbits, Milk	Grilled Cheese Oven Brown Potato Bites 100% Fruit Juice, Milk	No School	<i>give thanks</i> 	
30				
No School				

*East Shore
Leadership
Academy
Off Site*



Lunch

Provided by
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November 2020

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Assorted Fruit Muffin Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Cinnamon Creamy Cheese Mini Bagels Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Powdered Donut Holes Apple Milk
9	10	11	12	13
Assorted Fruit Muffin Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Honey Wheat Bagel Cream Cheese Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Granola Bar Apple Milk
16	17	18	19	20
Assorted Fruit Muffin Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Strawberry Creamy Cheese Mini Bagels Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Blueberry Snack'n Loaf Apple Milk
23	24	25	26	27
Assorted Fruit Muffin Mixed Fruit Cup 100% Fruit Juice Milk	Cereal Apple Milk	No School		
30				
No School				



East Shore Leadership Academy Off Site Breakfast

Provided by
CJ's Catering & Food Service

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November 2020

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Brakebush Chicken Tenders and Baked Beans	Herb Baked Diced Chicken with Brown Rice and Carrots	Brown Rice Pasta with Meat Sauce and Broccoli	Brakebush Chicken Tenders and Veggies	Brown Rice Pasta with Meat Sauce and Broccoli
9	10	11	12	13
Brakebush Chicken Tenders and Baked Beans	Herb Baked Diced Chicken with Brown Rice and Carrots	Brown Rice Pasta with Meat Sauce and Broccoli	Brakebush Chicken Tenders and Veggies	Brown Rice Pasta with Meat Sauce and Broccoli
16	17	18	19	20
Brakebush Chicken Tenders and Baked Beans	Herb Baked Diced Chicken with Brown Rice and Carrots	Brown Rice Pasta with Meat Sauce and Broccoli	Brakebush Chicken Tenders and Veggies	Brown Rice Pasta with Meat Sauce and Broccoli
23	24	25	26	27
Brakebush Chicken Tenders and Baked Beans	Herb Baked Diced Chicken with Brown Rice and Carrots	No School		
30				
No School				

East Shore Leadership Academy Allergen Menu

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This institution is an equal opportunity provider. All lunches include Milk or Milk alternative, Fruits & or Vegetables, Bread or Bread Equivalent (Menu is subject to change)

Pair each entree with fruit of the day and milk/milk alternate.

This menu is free from Wheat, Gluten, Dairy, Soy, Fish, Shellfish, Peanuts, Tree Nuts.

*Chicken Tenders contain egg