

Cesar Chavez Academy Vernor



Monday	Tuesday	Wednesday	Thursday	Friday
Golden Grahams(24) Animal Grahams(20) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)	Mini Chocolate Chip French Toast(35) Orange Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)	Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Mini Cinnis (39) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	WG Breakfast Ring (29) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)
2 442:855:83	3 492:830:87	4 534:635:94	5 541:790:101	6 522:780:87
Cocoa Puff Cereal Bar (30) Animal Grahams(20) Apple Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)	Apple Frudel (37) Orange Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)	Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Egg & Cheese on WG English Muffin(24) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	WG Cinnabar (45) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)
9 482:735:89	10 422:810:76	11 534:635:94	12 511:910:86	13 572:780:103
Cinnamon Toast Crunch Cereal(22) Animal Grahams(20) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)	Apple Frudel (37) Orange Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)	WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Egg & Cheese on WG English Muffin(24) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	WG Raspberry Bar (45) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)
16 442:795:81	17 422:810:76	18 544:880:73	19 511:910:86	20 572:780:103
23 No School 80:760:20	24 No School 80:760:20	25 Happy Holidays! 80:760:20	26 No School 80:760:20	27 No School 80:760:20
30 No School 80:760:20	31 No School 80:760:20	40:380:10	40:380:10	40:380:10



Thought for Thought

The pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives. - Albert Einstein

Tips & Information

BREAKFAST IS SERVED DAILY FROM 7:55 TO 8:15 TO ALL STUDENTS
Contact Laura Alvarado 313-843-9440

11/21/2019 12:45:33 PM
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:328 AvgSod(mg):735 AvgCarbs(g):59

"or." = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.



****Menu Subject to Change****