



MON	TUE	WED	THU	FRI
1 KARAGE CHICKEN, RICE, CORN AND FRUITS	2 <b>NO SCHOOL</b>  <b>ALL SOULS' DAY</b>	3 PORK ADOBO WITH POTATOES, RICE, AND FRUITS	4 CHICKEN STRIPS, RICE, MIXED VEGGIES AND FRUITS	5 CHICKEN PASTA, GARLIC BREAD AND FRUITS
8 BEEF PICADILLO WITH POTATOES, RICE, AND FRUITS	9 FRIED CHICKEN, RICE, CORN AND FRUITS	10 PORK CUTLET, RICE, CARROTS, AND FRUITS	11 <b>NO SCHOOL</b>  <b>VETERANS DAY</b>	12 SPAGHETTI, GARLIC BREAD, AND FRUITS
15 BAKED HAM , RICE, PEAS AND CARROTS, AND FRUITS	16 CHICKEN ADOBO, RICE, MIXED VEGGIES, AND FRUITS	17 PORK STEAK, RICE, CARROTS, AND FRUITS	18 CHICKEN MUSHROOM, RICE, AND FRUITS	19 MENUDO, RICE, AND FRUITS
22 ORANGE CHICKEN, RICE, CARROTS, AND FRUITS	23 BURGER STEAK, RICE, MIXED VEGGIES, AND FRUITS	24 SWEET AND SOUR PORK, RICE, AND FRUITS	25  <b>THANKSGIVING BREAK</b>	26
29 BBQ CHICKEN, RICE, CARROTS AND PEAS, AND FRUITS	30 CHICKEN TERIYAKI, RICE, CORN, AND FRUITS			

# NOVEMBER

EAT CLEAN.  
GET FIT.  
BE HAPPY.

WE CONFORM TO THE EAT A RAINBOW PROGRAM WHERE WE OFFER MEALS WITH VARIETY OF COLORS. LET'S ENCOURAGE THE CHILDREN TO MAKE HEALTHY CHOICES BY STARTING AT HOME.

LUNCH COSTS:  
K - 2 \$4.25  
3 - 8 \$4.75  
ADULT \$5.50

CID FREQUENT LUNCH PROGRAM  
CARDS AVAILABLE  
PURCHASE 10 LUNCHES  
11TH MEAL FREE

CALL/WHATSAPP:  
685-1101 (MENCHU)  
EMAIL: CIDFOODSC@GMAIL.COM