

**BREAKFAST OPTIONS**

Assorted Cereal with graham crackers  
 Yogurt & Fruit with graham crackers or granola  
 Assorted Cereal Bar with graham crackers  
 Donuts or Donut Holes

**BCIT WEST MENU • NOVEMBER 2020**

**ALL STUDENTS EAT FREE!!!**  
 MENU SUBJECT TO CHANGE

Comments? Questions? Contact us at:  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Galaxy Cheese Pizza Apple Slices Baby Carrot	3 Hot Dog on a Bun Diced Peaches Chick Peas	4 Hamburger or Cheeseburger Fresh Fruit Celery Sticks	5 Beef Taco Mixed Fruit Fiesta Corn	6 Turkey and Cheese Sandwich Diced Peas Baby Carrots	7 Chicken Patty Sandwich Mixed Fruit Sweet Peas
8 Hot Dog on a Bun Diced Peas Chick Peas	9 Chicken Cheesesteak with Peppers and Onions Mixed Fruit Celery Sticks	10 Beef Empanada Fresh Fruit Fiesta Corn	11 Chicken and Waffle with Syrup Diced Peaches Sliced Carrots	12 Ham and Cheese Sandwich Fresh Apples Baby Carrots	13 Popcorn Chicken with a Dinner Roll Applesauce Mashed Potatoes	14 Chicken Patty Sandwich Fresh Peaches Green Beans
15 Turkey and Cheese Sandwich Diced Peaches Sweet Peas	16 Buffalo Chicken Wrap Fresh Peaches Celery Sticks	17 Italian Hoagie Apple Slices Baby Carrots	18 Pulled Pork Sandwich Mixed Fruit Cole Slaw	19 Galaxy Cheese Pizza Applesauce Sliced Carrots	20 Chicken, Ham, and Cheese Sandwich Fresh Peas Green Beans	21 Hot Dog on a Bun Diced Peas Chick Peas
22 Bean and Cheese Burrito Apple Slices Green Beans	23 Turkey in Gravy w/ Biscuit Fresh Apples Mashed Potatoes	24 Cheese Calzone Diced Peaches Celery Sticks	25 Ham and Cheese Sandwich Mixed Fruit Sweet Potatoes	26 Chicken Patty Sandwich Fresh Peas Sweet Peas	27 Italian Hoagie Fresh Oranges Baby Carrots	28 Chicken Empanada Applesauce Fiesta Corn
29 Hamburger Fresh Peaches Baby Carrots	30 Galaxy Cheese Pizza Apple Slices Green Beans				All reimbursable meals include entrée, vegetable, fruit, & milk.	 QUALITY OF LIFE SERVICES