

- 2023 -

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MS & HS Breakfast

Breakfast \$1.45
K-5 Lunch \$2.55
6-12 Lunch \$2.70
Adult lunch 4.85
Extra Milk \$0.50

All Breakfast includes: choice of 100% juice and/or fruit. And a milk choice.

All lunches include: Assorted fresh and canned fruit along with fresh vegetable choices available each day. Whole grain bread and buns are served daily. Also with a daily milk choice.

* entree choice

This institution is an equal opportunity provider.
Menu is subject to change

6

*Assorted Cereal/
toast
*Strawberry bagel pull
apart
Assorted Fruit
Fruit Juice

7

*Assorted Cereal/
toast
*Breakfast pizza
Assorted Fruit
Fruit Juice

8

*Assorted Cereal/
toast
*waffles
Assorted Fruit
Fruit Juice

9

*Assorted Cereal/
toast
*Biscuit and gravy with
sausage link
Assorted Fruit
Fruit Juice

10

*Assorted Cereal/
toast
*Mini Cinnis
Fruit Juice
Assorted Fruit

13

*Assorted Cereal/
toast
*yogurt and poptart
Assorted Fruit
Fruit Juice

14

*Assorted Cereal/
toast
*Bacon, egg, cheese,
croissant
Assorted Fruit
Fruit Juice

15

*Assorted Cereal/
toast
*Pancake sausage
wrap
Assorted Fruit
Fruit Juice

16

*Assorted Cereal/
toast
*Cheese omelette/
toast
Assorted Fruit
Fruit Juice

17

*Assorted Cereal/
toast
*Iced Donut
Assorted Fruit
Fruit Juice

20

*Assorted Cereal/
toast
*Strawberry bagel pull
apart
Assorted Fruit
Fruit Juice

21

*Assorted Cereal/
toast
*Sausage, egg, cheese,
croissant
Assorted Fruit
Fruit Juice

22

NO School

23

NO School

24

NO School

27

*Assorted Cereal/
toast
*yogurt and poptart
Assorted Fruit
Fruit Juice

28

*Assorted Cereal/
toast
*Breakfast pizza
Assorted Fruit
Fruit Juice

29

*Assorted Cereal/
toast
*waffles
Assorted Fruit
Fruit Juice

30

*Assorted Cereal/
toast
*Biscuit and gravy with
sausage link
Assorted Fruit
Fruit Juice

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6

*Chicken Strips/
Dinner Roll
*Cards Yogurt & Bagel
Box
California Blend
Vegetables
Assorted fruits & veggies

7

*Beef soft shell Taco
*Cards Pizza Box
Cheesy Refried Beans
Assorted fruits & veggies

8

*Cheese Bites with pizza
Sauce
*Italian Hoagie
Tossed Romaine Salad
Assorted fruits & veggies

9

*Turkey and gravy over
Mashed potatoes
corn
Dinner roll
Pumpkin Fluff I
Assorted fruits & veggies

10

*BBQ Rib on Bun
*Cards PBJ Box
Sweet potato fries
Assorted fruits & veggies

13

*Chicken Nuggets
*Cards Yogurt & Bagel
Box
Dinner roll
Steamed carrots
Assorted fruits & veggies

14

*Mac and Cheese with
Little Smokies
*Cards Pizza Box
Peas
Assorted fruits & veggies

15

*Cheese Pizza
*Italian Hoagie
Tossed Salad
Assorted fruits & veggies

16

*Pasta with meat sauce
*Chef Salad with Ham &
Egg
Garlic bread
Green Beans
Assorted fruits & veggies

17

*Hamburger on Bun
*Cards PBJ Box
Baked Beans
Assorted Fruits and
veggies

20

*Hotdog on Bun
*Cards Yogurt & Bagel
Box
Sweet Potato Fries
Assorted fruits and
veggies

21

*Crispitos with cheese
sauce
*Cards Pizza Box
Refried Beans
Assorted Fruits and
veggies

22

NO School

23

NO School

24

NO School

27

*Chicken Patty on Bun
*Cards Yogurt & Bagel
Box
Steamed Broccoli
Assorted fruits & veggies

28

*Nachos
*Cards Pizza Box
Fiesta Black Beans
Assorted fruits & veggies

29

*Cheese Pizza
*Italian Hoagie
Tossed Salad
Assorted fruits & veggies

30

*Popcorn Chicken
*Chef Salad
Dinner Roll
Mashed Potatoes and
gravy
Corn
Assorted fruits & veggies