

November 2021 Menus

Grants Pass School District No. 7 Middle School



Mon	Tue	Wed	Thu	Fri
1 Breakfast Round Chicken Nuggets Sandwich	2 Biscuit w/Gravy BBQ Rib Sandwich Sandwich	3 Fruit Frudel Chicken Alfredo Sandwich	4 Breakfast Bites Burrito Sandwich	5 <p style="text-align: center;">No Classes</p>
8 French Toast Chicken Strips Sandwich	9 Breakfast Bread Hotdogs Sandwich	10 Bagel Day Burgers Sandwich	11 <p style="text-align: center;">Veteran's Day</p>	12 <p style="text-align: center;">No Classes</p>
15 Waffle Variety Chicken Sandwich Sandwich	16 Asst. Muffins Corn Dog Sandwich	17 Pancake on Stick Chicken/Rice Bowl Sandwich	18 Breakfast Burrito Quesadilla Sandwich	19 Cinni Variety Pizza Sandwich
22 Mini Pancakes Chicken Strips Sandwich	23 Cook's Choice Mac & Cheese Sandwich	24 Cook's Choice Pizza Pocket Sandwich	25 <p style="text-align: center;">Thanksgiving Day!</p>	26 <p style="text-align: center;">No Classes</p>
29 Breakfast Round Chicken Sandwich Sandwich	30 Bagel Day Cheesy Breadsticks/ Marinara Sandwich			

Daily Breakfast Offerings
 Benefit Bars
 Yogurt w/ Grahams
 Assorted Fruits
 100% Fruit Juice
 Milk Variety

Daily Lunch Offerings
 PBJ or Wraps or Deli
 Sandwiches
 Fresh or Canned Fruit
 Hot Vegetable or
 Fresh Vegetable
 Milk Variety





Full Lunch Includes

Entrée (meat or meat alternative)

Grain or Bread

Fruits / Vegetables (2 Servings)

Low Fat White or Non Fat Chocolate Milk (1 Serving)

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