

# November 2021



## Monday

Breakfast Burrito **1**  
**BREADED CHEESE STICKS**  
OR **MUFFIN BASKET**  
OR **PIZZA LUNCHABLE**  
Marinara, Mixed Fruit, Milk

Pancakes **8**  
**BEAN BURRITO**  
OR **MUFFIN BASKET**  
OR **PIZZA LUNCHABLE**  
Corn, Peaches, Salsa, Milk

Breakfast Burrito **15**  
**CHICKEN NUGGETS**  
OR **MUFFIN BASKET**  
OR **PIZZA LUNCHABLE**  
Peaches, Milk

Pancakes **22**  
**DRUMSTICK with CORN MUFFIN**  
OR **MUFFIN BASKET**  
OR **PIZZA LUNCHABLE**  
Green Beans, Peaches, Milk

Breakfast Burrito **29**  
**POPCORN CHICKEN & WAFFLES**  
OR **MUFFIN BASKET**  
OR **PIZZA LUNCHABLE**  
Cookie, Syrup, Broccoli, Peaches, Milk

## Tuesday

Pancakes **2**  
**FISH NUGGETS**  
OR **MUFFIN BASKET**  
OR **TURKEY HAM SANDWICH**  
Lettuce, Pickle, Tomato, Corn, Peaches, Milk

Breakfast Pizza **9**  
**PIZZA**  
OR **MUFFIN BASKET**  
OR **TURKEY HAM SANDWICH**  
Strawberries, Green Beans, Lettuce, Pickle, Tomato, Milk

Pancakes **16**  
**CHEESE STUFFED STICKS**  
OR **MUFFIN BASKET**  
OR **TURKEY HAM SANDWICH**  
Cookie, Lettuce, Pickle, Tomato, Broccoli, Pears, Milk

Breakfast Pizza **23**  
**PIZZA**  
OR **MUFFIN BASKET**  
OR **TURKEY HAM SANDWICH**  
Cookie, Strawberries, Apple, Broccoli, Lettuce, Pickle, Tomato, Milk

Pancakes **30**  
**HOT DOG**  
OR **MUFFIN BASKET**  
OR **TURKEY HAM SANDWICH**  
Potato Wedges, Lettuce, Pickle, Tomato, Pears, Milk

## Wednesday

Breakfast Pizza **3**  
**MAC & CHEESE**  
OR **MUFFIN BASKET**  
OR **MEAT & CRACKERS LUNCHABLE**  
Green Beans & Carrots, Applesauce, Milk

French Toast Sticks **10**  
**BEEF RIB SANDWICH**  
OR **MUFFIN BASKET**  
OR **MEAT & CRACKERS LUNCHABLE**  
Dinner Roll, Mashed Potatoes, Gravy, Broccoli, Applesauce, Milk

Breakfast Pizza **17**  
**TURKEY ROAST**  
OR **MUFFIN BASKET**  
OR **MEAT & CRACKERS LUNCHABLE**  
Cookie, Dinner Roll, Green Beans, Mashed Potatoes, Gravy, Stuffing, Applesauce, Milk

**24**

**25**

## Thursday

French Toast Sticks **4**  
**CHICKEN NUGGETS**  
OR **NACHO CHEESE & CHIPS**  
OR **TURKEY SANDWICH**  
Rice Krispies Treat, Broccoli, Pears, Orange Slices, Milk, Lettuce, Pickle, Tomato

Biscuits & Gravy **11**  
**HOT HAM & CHEESE CROISSANT**  
OR **NACHO CHEESE & CHIPS**  
OR **TURKEY SANDWICH**  
Cookie, Mixed Fruit, Lettuce, Pickle, Tomato, Milk

French Toast Sticks **18**  
**GRILLED CHEESE & TOMATO SOUP**  
OR **NACHO CHEESE & CHIPS**  
OR **TURKEY SANDWICH**  
Corn, Mixed Fruit, Orange Slices, Lettuce, Pickle, Tomato, Milk

**25**

**26**

## Friday

Dutch Waffle **5**  
**CORN DOG**  
OR **EZ JAMMER**  
Chips, Milk

Mini Waffles **12**  
**CHEESEBURGER**  
OR **HAMBURGER**  
OR **EZ JAMMER**  
Chips, Lettuce, Pickle, Tomato, Milk

Dutch Waffle **19**  
**BREADED CHICKEN SANDWICH**  
OR **SPICY CHICKEN SANDWICH**  
OR **EZ JAMMER**  
Chips, Lettuce, Pickle, Tomato, Milk

**26**

## 2021-2022 MEAL PRICES

ALL STUDENTS, regardless of income status may receive one **FREE** breakfast and one **FREE** lunch each day they attend school during the 2021-2022 school year.

### ADULT MEALS & 2<sup>nd</sup> STUDENT MEALS

Breakfast \$2.50  
Lunch \$3.50

During **BREAKFAST**, cereal and muffins are offered as daily alternatives to the breakfast entrée. Milk, fruit and juice are offered daily at breakfast time.

During **LUNCH**, students must choose at least 3 of the following 5 components: **Low-fat milk, whole grains, fruits, vegetables, and protein.** When choosing ingredients and entrees to serve for our program we look for foods that are **lean, low-fat, low-sodium, low-sugar, and whole grain rich.** Students are able to choose whichever healthy foods they like best.

**½ CUP OF FRUIT OR VEGETABLE MUST BE TAKEN WITH EACH MEAL.**

## THANKSGIVING RECESS

*This institution is an equal opportunity provider.*

**MENU IS SUBJECT TO CHANGE.**