

November 2021

Lunch includes: entrée listed below, fruit, milk, and vegetable

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

Local Harvest of the Month is Winter Squash

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Free to All Students 21-22 School Year Adult: \$2.00	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Grilled Ham 'n' Cheese w/ Fruit and Milk	Breakfast Burrito Fruit and Milk	Biscuits and Gravy Fruit and Milk	Muffin w/ String Cheese, Fruit, Milk
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk				
LUNCH: Free to All Students for the 21-22 School Year Adult: \$3.50 Now Local: Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3443, Menu Questions 751-3646				
	1 Chicken Patty on WG Bun or Hoagie or PBJ Fruit, Veg and Milk	2 Pizza or Hoagie or PBJ Fruit, Veg, Milk	3 Cheeseburger on WG Bun or Hoagie or PBJ Fruit, Veg and Milk	4 Pizza or Hoagies or PBJ Fruit, Veg and Milk	5 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk
	8 Chicken Patty on WG Bun or Hoagie or PBJ Fruit, Veg, Milk	9 Pizza or Hoagie or PBJ Fruit, Veg, Milk	10 Cheeseburger on WG Bun or Hoagie or PBJ Fruit, Veg, Milk	11 Pizza, Hoagies or PBJ, Fruit, Veg and Milk	12 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk
	15 Turkey Gravy, Mashed Potatoes, Dinner Roll, Fruit, Veg, Milk	16 Pizza or Hoagie or PBJ Fruit, Veg, Milk	17 Cheeseburger on WG Bun or Hoagie or PBJ Fruit, Veg, Milk	18 Pizza, Hoagie or PBJ Fruit, Veg and Milk	19 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk
	22 Chicken Patty on WG Bun or Hoagie or PBJ Fruit, Veg and Milk	23 Pizza, Hoagie or PBJ Fruit, Veg, Milk	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
	29 Chicken Patty on WG Bun, Hoagie or PBJ Fruit, Veg, Milk	30 Pizza, Hoagie, or PBJ Fruit, Veg, Milk			
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories				
GRILL MENU	Grilled or Breaded Chicken Patty on WG Bun	Pizza	MT Beef Burgers On WG Bun	Pizza	MT Beef Burgers
SANDWICH & SALADS*	Caesar Salad w/ Chicken	Egg Salad	Ham or Turkey Hoagie w/ Cheese	Tuna Salad Sandwich on WG Bread	Pasta Salad w/ Ham or Salami, Dinner Roll
	Available Daily: Assorted Deli Sandwiches, PB&J, Chef Salad Unlimited Fruit and Veggies				

FRUIT Selection	Apples, Oranges, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Fresh Berries or Grapes, Apples, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Apples, Oranges, Dried Mixed Fruit

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