



NOVEMBER 2022 LUNCH MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREADS	AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES A 4oz YOGURT CUP, STRING CHEESE & A GRAIN SNACK (YOGURT FLAVORS & GRAIN SNACK WILL VARY BY SCHOOL)		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
	1 NO SCHOOL	2 HOT DOG/CHILI DOG OVEN FRIES VEGGIES	3 CHICKEN POT PIE GARLIC BREADSTICK VEGGIES	4 SLOPPY JOE WAFFLE FRIES VEGGIES
7 PERSONAL PIZZA VEGGIES	8 CHEESEBURGER BAKED BEANS CRINKLE FRIES	9 CRISPY CHICKEN WRAP SUN CHIPS COLESLAW	10 TACOS FIESTA BEANS SIDEKICK SLUSHIE	11 CORN DOG MAC & CHEESE VEGGIES
14 CHICKEN NUGGETS TATER TOTS VEGGIES OATMEAL APPLE BAR	15 PASTA W/ MEAT SAUCE GARLIC BREADSTICK VEGGIES	16 BBQ RIBLET BABY REDS VEGGIES	17 HOT HAM & CHEESE ON A PRETZEL ROLL SMILEY FRIES VEGGIES	18 STUFFED CRUST PIZZA VEGGIES
21 CHEESE FILLED BREADSTICKS MARINARA SAUCE VEGGIES	22 THANKSGIVING MEAL TURKEY & GRAVY MASHED POTATOES STUFFING DINNER ROLL VEGGIES FRESH BAKED COOKIE	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 PIZZA CRUNCHERS MARINARA SAUCE VEGGIES	29 QUESADILLA SEASONED RICE FIESTA BEANS VEGGIES	30 PANCAKES SAUSAGE LINKS SCRAMBLED EGGS APPLESAUCE		



NOVEMBER 2022 LUNCH MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREAD			MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
	1 NO SCHOOL	2 HOT DOG/CHILI DOG OVEN FRIES VEGGIES	3 CHICKEN POT PIE GARLIC BREADSTICK VEGGIES	4 SLOPPY JOE WAFFLE FRIES VEGGIES
7 PERSONAL PIZZA VEGGIES	8 CHEESEBURGER BAKED BEANS CRINKLE FRIES	9 CRISPY CHICKEN WRAP SUN CHIPS COLESLAW	10 TACOS FIESTA BEANS SIDEKICK SLUSHIE	11 CORN DOG MAC & CHEESE VEGGIES
14 CHICKEN NUGGETS TATER TOTS OATMEAL APPLE BAR VEGGIES	15 PASTA W/ MEAT SAUCE GARLIC BREADSTICK VEGGIES	16 BBQ RIBLET BABY REDS VEGGIES	17 HOT HAM & CHEESE ON A PRETZEL ROLL SMILEY FRIES VEGGIES	18 STUFFED CRUST PIZZA VEGGIES
21 CHEESE FILLED BREADSTICKS MARINARA SAUCE VEGGIES	22 THANKSGIVING MEAL TURKEY & GRAVY MASHED POTATOES STUFFING DINNER ROLL VEGGIES FRESH BAKED COOKIE	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 PIZZA CRUNCHERS MARINARA SAUCE VEGGIES	29 QUESADILLA SEASONED RICE FIESTA BEANS VEGGIES	30 PANCAKES SAUSAGE LINKS SCRAMBLED EGGS APPLESAUCE		



NOVEMBER 2022 BREAKFAST MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADS, CEREAL BARS, CEREAL, MUFFINS & YOGURT PARFAITS AVAILABLE DAILY	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
	1 NO SCHOOL	2 FRENCH TOAST STICKS FRUIT & JUICE MILK	3 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	5 MINI DONUTS FRUIT & JUICE MILK
7 APPLE OR CHERRY FRUDEL FRUIT & JUICE MILK	8 COMBO BAR TOAST FRUIT & JUICE MILK	9 BREAKFAST SANDWICH FRUIT & JUICE MILK	10 BREAKFAST BURRITO FRUIT & JUICE MILK	11 CINNAMON ROLLS FRUIT & JUICE MILK
14 STRAWBERRY MINI BAGEL FRUIT & JUICE MILK	15 PIZZA FRUIT & JUICE MILK	16 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	17 BREAKFAST BITES FRUIT & JUICE MILK	18 APPLE FILLED DONUT FRUIT & JUICE MILK
21 CINNAMINI FRUIT & JUICE MILK	22 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 MINI WAFFLES FRUIT & JUICE MILK	29 PANCAKE ON A STICK FRUIT & JUICE MILK	30 POWER BITES TOAST FRUIT & JUICE MILK		



NOVEMBER 2022 BREAKFAST MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES ASSORTED CEREALS, TOAST, FRUIT, JUICE & MILK	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
	1 NO SCHOOL	2 POPTART FRUIT & JUICE MILK	3 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	4 MINI DONUTS FRUIT & JUICE MILK
7 CEREAL BAR FRUIT & JUICE MILK	8 COMBO BAR TOAST FRUIT & JUICE MILK	9 BREAKFAST SANDWICH FRUIT & JUICE MILK	10 BREAKFAST BURRITO FRUIT & JUICE MILK	11 CINNAMON ROLL FRUIT & JUICE MILK
14 PB&J UNCRUSTABLE FRUIT & JUICE MILK	15 PIZZA FRUIT & JUICE MILK	16 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	17 BREAKFAST BITES FRUIT & JUICE MILK	18 FRENCH TOAST STICKS FRUIT & JUICE MILK
21 ASSORTED MUFFINS FRUIT & JUICE MILK	22 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 BREAKFAST BREAD FRUIT & JUICE MILK	29 PANCAKE ON A STICK FRUIT & JUICE MILK	30 APPLE FILLED DONUT FRUIT & JUICE MILK		