

# NOVEMBER | 2022



We appreciate your understanding if our menu changes due to significant availability issues in the nationwide supply chain changes. Free & Reduced meal applications are available all year at [www.payschoolscentral.com](http://www.payschoolscentral.com). Approved applications may receive additional benefits.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b> Banana Chocolate Chunk Bar 48 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>1</b> <b>No School</b> <b>K-5<sup>th</sup> Grade Only</b>	<b>2</b> Glazed Donut 29 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>3</b> Chocolate Chip Muffin 28 String Cheese 0 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>4</b> Cinnamon Roll 40 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk
<b>7</b> Banana Muffin 30 String Cheese 0 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>8</b> Soft Cinnamon Pretzel Stick 30 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>9</b> <b>2 Hour Delay</b> <b>No Breakfast Served</b>	<b>10</b> Mini Pancakes 36 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>11</b> Warm Cinnamon Toast Crunch Soft Bar 40 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk
<b>14</b> Banana Chocolate Chunk Bar 48 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>15</b> Maple Waffles 36 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>16</b> Glazed Donut 29 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>17</b> Chocolate Chip Muffin 28 String Cheese 0 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>18</b> Cinnamon Roll 40 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk
<b>21</b> Banana Muffin 30 String Cheese 0 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>22</b> Soft Cinnamon Pretzel Stick 30 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>23</b> <b>No School</b>		<b>25</b> <b>No School</b>
<b>28</b> Banana Chocolate Chunk Bar 48 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>29</b> Maple Waffles 36 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>30</b> Glazed Donut 29 Or 2 <sup>nd</sup> Choice Applesauce Cup 17 100% Juice Milk	<b>1</b>	<b>2</b>

**The USDA No Charge Meal Waiver has expired. Please note that unless you have submitted a new 2022-2023 Free & Reduced Meal Application & been notified of approval, your student will be charged for their meal.**

**Breakfast Cost:**  
Paid Students \$1.00  
Approved Free & Reduced Students- No Charge

**Charge policy:** No charging allowed at breakfast.

Breakfast is available daily except when school is delayed. Students are to come directly to the cafeteria from the bus.

**Carb Counts:** Milk-White 13/Chocolate 19/ Strawberry 19  
**Juice-** Apple & Orange Juice 14 / Grape Juice 19

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