

# November 2022

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	
<b>BREAKFAST:</b> Students: \$1.75 Reduced: .30 Adult: \$2.00	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Grilled Ham 'n' Cheese w/ Fruit and Milk	Benefit Bar, Fruit and Milk	Pancakes/Yogurt 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					
<b>LUNCH:</b> Students: \$3.00 Reduced: .40 Adult: \$3.50  <b>Now Local:</b> Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	<b>PLEASE JOIN US FOR BREAKFAST OR LUNCH!</b> For Free Lunch Eligibility Call 751-3400 ext 3443, Menu Questions 751-3400 ext 3646					
		1 Chicken Tenders, Dinner Roll, Hoagie or PBJ	2 Cheeseburger, Hoagie, PBJ	3 Bosco Sticks w/ Marinara, Hoagies, PBJ	4 French Toast Sticks w/ Local Sausage, Hoagie, PBJ	
	7 Corn Dogs w/ Baked Chips, Hoagies, PBJ	8 Chicken Tenders, Dinner Roll, Hoagies, PBJ	9 Cheeseburger, Hoagie, PBJ	10 Bosco Sticks w/ Marinara, Hoagies, PBJ	11 French Toast Sticks w/ Local Sausage, Hoagie and PBJ	
	14 Corn Dogs w/ Baked Chips, Hoagies, PBJ	15 Chicken Tenders w/ Dinner Roll, Hoagies, PBJ	16 Cheeseburger, Hoagie, PBJ	17 Turkey Gravy, Mashed Potatoes, Dinner Roll	18 French toast Sticks w/ Local Sausage, Hoagie, or PBJ	
	21 Corn Dog w/ Baked Chips, Hoagie or PBJ	22 Chicken Tenders w/ Dinner Roll, Hoagies, PBJ	23 NO SCHOOL	24 HAPPY	25 THANKSGIVING!!	
	28 Corn Dog w/ Baked Chips, Hoagie or PBJ	29 Chicken Tenders w/ Dinner Roll, Hoagies, PBJ	30 Cheeseburger, Hoagie, PBJ			
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						
SANDWICH & SALADS*						

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

**October Harvest of the Month:**

**Apples**

