



All 5 food components must be on the tray unless supported by a documented medical or disability need.

Meals are Highly Subject to Change due to Ongoing Supply Chain and Staffing Issues

Student Lunch:
\$2.50
Adult Lunch:
\$4.60

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Our lunch meal consists of all 5 food components placed on the student's tray

7 Staff Development

14 Chicken Bites
Vegetables, Fruit
Milk

21

28 Chicken Bites
Vegetables, Fruit
Milk

1 Taco Tuesday
Vegetables, Fruit
Milk

8 Staff Development

15 Taco Tuesday
Vegetables, Fruit
Milk

22

29 Taco Tuesday
Vegetables, Fruit
Milk

2 **Breakfast for Lunch!**
Pancakes with
Scrambled Eggs
Hash Brown, Fruit
Milk

9 Cheesy Breadsticks
Vegetables, Fruit
Milk

16 Steak Fingers
Vegetables, Fruit
Brown Rice & Milk

23 Thanksgiving Break

30 **Breakfast for Lunch!**
Pancakes with
Scrambled Eggs
Hash Brown, Fruit
Milk

3 Mac & Cheese
Vegetables, Fruit
Milk

10 Steak Fingers
Vegetables, Fruits
Dinner Roll & Milk

17 Mac & Cheese
Vegetables, Fruit
Milk

24

Food Components:
Meat/Meat Alternate
Whole Grain
Fruits
Vegetables
Milk

4 Cheeseburger
Vegetables, Fruit
Milk

11 Cheeseburger
Vegetables, Fruit
Milk

18 Cheeseburger
Vegetables, Fruit
Milk

25

All lunch rolls, tortillas, rice, pastas and other bread items contain at least 51% whole grain. 1% White Milk offered daily.





Families who think they may qualify for free or reduced priced meals are encouraged to apply www.schoolcafe.com

Meals are Highly Subject to Change due to Ongoing Supply Chain and Staffing Issues

Student Breakfast: \$1.50
Adult Breakfast: \$3.10

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Our unit breakfast consists of all 3 food components placed on the student's tray

1 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

2 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

3 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

4 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

7
Staff Development

8
Staff Development

9 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

10 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

11 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

14 French Toast
100% fruit juice
Low-Fat White Milk

15 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

16 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

17 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

18 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

21

22

23
Thanksgiving Break

24

25

28 French Toast
100% fruit juice
Low-Fat White Milk

29 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

30 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

Food Components:
Whole Grain, Fruits,
Milk

All breakfast cereals
and pastries contain at
least 51% whole grain

1% White Milk is
provided daily.

