



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

1% White Milk and Fat-Free Chocolate Milk are offered daily at breakfast and lunch

MONDAY

Our unit breakfast consists of 3 or more components, at least one must be a fruit or vegetable

TUESDAY

1 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk

WEDNESDAY

2 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

THURSDAY

3 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk

FRIDAY

4 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

7

Staff Development

8

Staff Development

9 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

10 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk

11 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

14 French Toast or Cereal or Mini Pancakes Fruits & Milk

15 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk

16 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

17 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk

18 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

21

22

23

Thanksgiving Break

24

25

28 French Toast or Cereal or Mini Pancakes Fruits & Milk

29 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk

30 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

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

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





**New Items for November
are underlined!**

Peanut Butter & Jelly Sandwich and Grilled Cheese Sandwich are offered daily

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Student Lunch:
\$2.75
Adult Lunch:
\$4.60

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Our unit lunch consists of 3 or more components, at least one must be a fruit or vegetable

7 Staff Development

14 Stuffed Crust Pizza or Chicken Bites
Fruit & Yogurt Plate
Vegetables, Fruits
Milk

21

28 Stuffed Crust Pizza or Chicken Bites
Fruit & Yogurt Plate
Vegetables, Fruits
Milk

1 Taco Tuesday or Bean & Cheese Pupusa
Chicken Popper Salad
Vegetables, Fruits
Milk

8 Staff Development

15 Taco Tuesday or Bean & Cheese Pupusa
Chicken Popper Salad
Vegetables, Fruits
Milk

22

29 Taco Tuesday or Bean & Cheese Pupusa
Chicken Popper Salad
Vegetables, Fruits
Milk

2 Breakfast for Lunch:
Pancakes Eggs Sausage
Chicken Popper Salad
Vegetables, Fruits
Milk

9 Pasta & Meatballs or Cheesy Breadsticks or Chicken Popper Salad
Vegetables, Fruits
Milk

16 Holiday Meal
Turkey & Gravy
Stuffing & Roll
Mashed Potatoes
Green Beans, Fruit
Milk and a Special Treat

23 Thanksgiving Break

30 Breakfast for Lunch:
Pancakes Eggs Sausage
Chicken Popper Salad
Vegetables, Fruits
Milk

3 Mac & Cheese or Chicken Nuggets or Chicken Popper Salad
Vegetables, Fruits
Milk

10 Chicken Drumstick or Steak Fingers or Chicken Popper Salad
Vegetables, Fruits
Dinner Roll & Milk

17 Mac & Cheese or Chicken Nuggets or Chicken Popper Salad
Vegetables, Fruits
Milk

24

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

4 Cheeseburger or Chicken Corndog or Chicken Popper Salad
Vegetables, Milk
Frozen Fun Friday Fruit!

11 Cheeseburger or Turkey Hot Dog or Chicken Popper Salad
Vegetables, Milk
Frozen Fun Friday Fruit!

18 Cheeseburger or Chicken Corndog or Chicken Popper Salad
Vegetables, Milk
Frozen Fun Friday Fruit!

25

All lunch rolls, tortillas, rice, pastas and other bread items contain at least 51% whole grain.

