



November 2023

Daily Breakfast Entrée Choices: Assorted Cereals, Muffins, Pop Tarts & Breakfast Bars
 Daily Milk Choices: 1% White Milk or Skim Chocolate Milk
 Daily Fruit Choices: Fresh Frit, Canned Fruit
 • 100% Fruit Juice is offered Monday through Friday @ Breakfast
 • 100% Fruit Juice is Offered Tuesday & Thursday @ Lunch
 Daily Vegetable Choices: Fresh Cut Cold Vegetables and Hot Vegetables

NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> OUR MEALS INCLUDE: Meals that are made fresh daily Assortments of Fresh Fruits & Vegetables Whole Grains 100% Juices Age-Appropriate Portion Sizes Healthy a la Carte Selections (smart Snacks) that are the Right-Size and Meet USDA Nutritional Standards for Calories, Fat, Sugar and Sodium (available for purchase) 		<p>1</p> <p>BKFST: Benefit Bar</p> <p>LUNCH: Entree: Chicken Patty Grill: Smith's Hot Dog Salad: Egg Chef Salad Deli: Smucker's PBJ Pack</p>	<p>2</p> <p>BKFST: Bacon Egg & Cheese Bagel</p> <p>LUNCH: Entree: Meatball Sub Grill: Chicken Tenders Deli: Three Cheese Wrap</p>	<p>3</p> <p>BKFST: French Toast Sticks</p> <p>LUNCH: Entree: Cheese or Pepperoni Pizza Salad: Pretzel/Yogurt Pack Deli: Smucker's PBJ Pack</p>
<p>6</p> <p>NO SCHOOL</p>	<p>7</p>  <p>November 21st</p>	<p>8</p> <p>BKFST: Powdered Sugar Donuts</p> <p>LUNCH: Entree: Pasta & Meatballs Grill: Grilled Cheese Salad: Ham Turkey Cobb Salad Deli: Smucker's PBJ Pack</p>	<p>9</p> <p>BKFST: Tony's Breakfast Pizza</p> <p>LUNCH: Entree: Waffle, Sausage, Hashbrown Grill: Chicken Nuggets Deli: Turkey & Cheese Wrap</p>	<p>10</p> <p>BKFST: Cinnamon Roll</p> <p>LUNCH: Entree: Cheese or Pepperoni Pizza Salad: Pretzel/Yogurt Pack Deli: Smucker's PBJ Pack</p>
<p>13</p> <p>BKFST: Mini Waffle</p> <p>LUNCH: Entree: Pizza Crunchers Grill: Cheese Quesadilla Salad: Italian Salad Deli: Smucker's PBJ Pack</p>	<p>14</p> <p>BKFST: Banana Muffin</p> <p>LUNCH: Entree: Popcorn Chicken with a Roll Grill: Bacon Cheeseburger Salad: Popcorn Chicken Salad Deli: Smucker's PBJ Pack</p>	<p>15</p> <p>BKFST: Bacon, Egg & Cheese Bagel</p> <p>LUNCH: Entree: Chicken Nuggets Grill: Cheese Dippers Deli: Turkey Cheese Wrap</p>	<p>16</p> <p>BKFST: Sausage Pancake Dog</p> <p>LUNCH: Entree: Cheeseburger Grill: Hot Dog Salad: Ham & Cheese Salad Deli: Smucker's PBJ Pack</p>	<p>17</p> <p>BKFST: Scrambled Eggs & Toast</p> <p>LUNCH: Entree: Cheese or Pepperoni Pizza Salad: Pretzel/Yogurt Pack Deli: Smucker's PBJ Pack</p>
<p>20</p> <p>BKFST: Cinnamon Biscuit</p> <p>LUNCH: Entree: Chicken Patty Grill: Hot Dog with Cheese Salad: Egg Chef Salad Deli: Smucker's PBJ Pack</p>	<p>21</p> <p>BKFST: Benefit Bar</p> <p>LUNCH: Entree: Walking Taco Grill: Chicken Tenders Salad: Egg Chef Salad Deli: Smucker's PBJ Pack</p>	<p>22</p> <p>BKFST: Chocolate Muffin</p> <p>LUNCH: Entree: Pasta & Meatballs Grill: Cheeseburger Salad: Italian Salad Deli: Smucker's PBJ Pack</p>	<p>23</p> 	<p>24</p> <p>Lucky Tray Day Free Cookie! November 15th</p>
<p>27</p> <p>NO SCHOOL</p>	<p>28</p> <p>BKFST: Donut</p> <p>LUNCH: Entree: Dominos Pizza Grill: Mini Corn Dog Salad: Cobb Salad Deli: Smucker's PBJ Pack</p>	<p>29</p> <p>BKFST: Sausage Egg & Cheese Sandwich</p> <p>LUNCH: Entree: Grilled Cheese & Tomato Soup Grill: Smith's Hot Dog Salad: Diced Chicken Salad</p>	<p>30</p> <p>BKFST: Waffle & Sausage</p> <p>LUNCH: Entree: Chicken Nuggets Grill: Cheese Quesadilla Deli: Ham & Cheese Sandwich</p>	<p>BREAKFAST IS FREE FOR EVERYONE!</p>