



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>BKFAST: Benefit Bar</p> <p>LUNCH:</p> <p>Entree: Chicken Patty Sandwich</p> <p>Grill: Smith's Hot Dog</p> <p>Salad: Egg Chef Salad</p> <p>Deli: Smucker's PBJ Pack</p>	<p>2</p> <p>BKFAST: Bacon Egg & Cheese Bagel</p> <p>LUNCH:</p> <p>Entree: Meatball Sub</p> <p>Grill: Chicken Tenders</p> <p>Deli: Three Cheese Wrap</p>	<p>3</p> <p>BKFAST: French Toast Sticks</p> <p>LUNCH:</p> <p>Entree: Cheese or Pepperoni Pizza</p> <p>Salad: Pretzel/Yogurt Pack</p> <p>Grill: Smith's Hot Dog</p>
<p>6</p> <p>NO SCHOOL</p>	<p>7</p>  <p>November 21st</p>	<p>8</p> <p>BKFAST: Powdered Sugar Donuts</p> <p>LUNCH:</p> <p>Entree: Chicken Nuggets</p> <p>Grill: Cheese Dippers</p> <p>Salad: Ham Turkey Cobb Salad</p> <p>Deli: Smucker's PBJ Pack</p>	<p>9</p> <p>BKFAST: Tony's Breakfast Pizza</p> <p>LUNCH:</p> <p>Entree: Waffle, Sausage, Hashbrown</p> <p>Grill: Chicken Nuggets</p> <p>Deli: Turkey & Cheese Wrap</p>	<p>10</p> <p>BKFAST: Cinnamon Roll</p> <p>LUNCH:</p> <p>Entree: Cheese or Pepperoni Pizza</p> <p>Salad: Pretzel/Yogurt Pack</p> <p>Grill: Smith's Hot Dog</p>
<p>13</p> <p>BKFAST: Mini Waffle</p> <p>LUNCH:</p> <p>Entree: Pizza Crunchers</p> <p>Grill: Cheese Quesadilla</p> <p>Salad: Italian Salad</p> <p>Deli: Smucker's PBJ Pack</p>	<p>14</p> <p>BKFAST: Banana Muffin</p> <p>LUNCH:</p> <p>Entree: Popcorn Chicken with a Roll</p> <p>Grill: Bacon Cheeseburger</p> <p>Salad: Popcorn Chicken Salad</p> <p>Deli: Smucker's PBJ Pack</p>	<p>15</p> <p>BKFAST: Bacon, Egg & Cheese Bagel</p> <p>LUNCH:</p> <p>Entree: Pasta & Meatballs</p> <p>Grill: Grilled Cheese</p> <p>Deli: Turkey Cheese Wrap</p>	<p>16</p> <p>BKFAST: Sausage Pancake Dog</p> <p>LUNCH:</p> <p>Entree: Cheeseburger</p> <p>Grill: Hot Dog</p> <p>Salad: Ham & Cheese Salad</p> <p>Deli: Smucker's PBJ Pack</p>	<p>17</p> <p>BKFAST: Pancake Bites</p> <p>LUNCH:</p> <p>Entree: Cheese or Pepperoni Pizza</p> <p>Salad: Pretzel/Yogurt Pack</p> <p>Grill: Smith's Hot Dog</p>
<p>20</p> <p>BKFAST: Cinnamon Biscuit</p> <p>LUNCH:</p> <p>Entree: Chicken Patty</p> <p>Grill: Hot Dog with Cheese</p> <p>Salad: Egg Chef Salad</p> <p>Deli: Smucker's PBJ Pack</p>	<p>21</p> <p>BKFAST: Benefit Bar</p> <p>LUNCH:</p> <p>Entree: Walking Taco</p> <p>Grill: Chicken Tenders</p> <p>Salad: Egg Chef Salad</p> <p>Deli: Smucker's PBJ Pack</p>	<p>22</p> <p>BKFAST: Chocolate Muffin</p> <p>LUNCH:</p> <p>Entree: Macaroni & Cheese</p> <p>Grill: Hamburger</p> <p>Salad: Italian Salad</p> <p>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>BKFAST: Donut</p> <p>LUNCH:</p> <p>Entree: Cheese Dippers</p> <p>Grill: Mini Corn Dog</p> <p>Salad: Cobb Salad</p> <p>Deli: Smucker's PBJ Pack</p>	<p>29</p> <p>BKFAST: Sausage Egg & Cheese Sandwich</p> <p>LUNCH:</p> <p>Entree: Grilled Cheese & Tomato Soup</p> <p>Grill: Hot Dog</p> <p>Salad: Diced Chicken Salad</p>	<p>30</p> <p>BKFAST: Waffle & Sausage</p> <p>LUNCH:</p> <p>Entree: Chicken Nuggets</p> <p>Grill: Cheese Quesadilla</p> <p>Deli: Ham & Cheese Sandwich</p>	<p>BREAKFAST IS FREE FOR EVERYONE!</p>