



# 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"> <li>• <b>OUR MEALS INCLUDE:</b></li> <li>• <b>Meals that are made fresh daily</b></li> <li>• <b>Assortments of Fresh Fruits &amp; Vegetables</b></li> <li>• <b>Whole Grains</b></li> <li>• <b>100% Juices</b></li> <li>• <b>Age-Appropriate Portion Sizes</b></li> <li>• <b>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)</b></li> </ul>		<p><b>1</b></p> <p><b>BKFST:</b> Benefit Bar</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Chicken Patty Sandwich</p> <p><b>Grill:</b> Smith's Hot Dog</p> <p><b>Salad:</b> Egg Chef Salad</p> <p><b>Deli:</b> Smucker's PBJ Pack</p>	<p><b>2</b></p> <p><b>BKFST:</b> Bacon Egg &amp; Cheese Bagel</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Meatball Sub</p> <p><b>Grill:</b> Chicken Tenders</p> <p><b>Deli:</b> Three Cheese Wrap</p>	<p><b>3</b></p> <p><b>BKFST:</b> French Toast Sticks</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Cheese or Pepperoni Pizza</p> <p><b>Salad:</b> Pretzel/Yogurt Pack</p> <p><b>Grill:</b> Smith's Hot Dog</p>
<p><b>6</b></p> <p><b>NO SCHOOL</b></p>	<p><b>7</b></p>  <p>November 21st</p>	<p><b>8</b></p> <p><b>BKFST:</b> Powdered Sugar Donuts</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Chicken Nuggets</p> <p><b>Grill:</b> Cheese Dippers</p> <p><b>Salad:</b> Ham Turkey Cobb Salad</p> <p><b>Deli:</b> Smucker's PBJ Pack</p>	<p><b>9</b></p> <p><b>BKFST:</b> Tony's Breakfast Pizza</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Waffle, Sausage, Hashbrown</p> <p><b>Grill:</b> Chicken Nuggets</p> <p><b>Deli:</b> Turkey &amp; Cheese Wrap</p>	<p><b>10</b></p> <p><b>BKFST:</b> Cinnamon Roll</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Cheese or Pepperoni Pizza</p> <p><b>Salad:</b> Pretzel/Yogurt Pack</p> <p><b>Grill:</b> Smith's Hot Dog</p>
<p><b>13</b></p> <p><b>BKFST:</b> Mini Waffle</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Pizza Crunchers</p> <p><b>Grill:</b> Cheese Quesadilla</p> <p><b>Salad:</b> Italian Salad</p> <p><b>Deli:</b> Smucker's PBJ Pack</p>	<p><b>14</b></p> <p><b>BKFST:</b> Banana Muffin</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Popcorn Chicken with a Roll</p> <p><b>Grill:</b> Bacon Cheeseburger</p> <p><b>Salad:</b> Popcorn Chicken Salad</p> <p><b>Deli:</b> Smucker's PBJ Pack</p>	<p><b>15</b></p> <p><b>BKFST:</b> Bacon, Egg &amp; Cheese Bagel</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Pasta &amp; Meatballs</p> <p><b>Grill:</b> Grilled Cheese</p> <p><b>Deli:</b> Turkey Cheese Wrap</p>	<p><b>16</b></p> <p><b>BKFST:</b> Sausage Pancake Dog</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Cheeseburger</p> <p><b>Grill:</b> Hot Dog</p> <p><b>Salad:</b> Ham &amp; Cheese Salad</p> <p><b>Deli:</b> Smucker's PBJ Pack</p>	<p><b>17</b></p> <p><b>BKFST:</b> Scrambled Eggs &amp; Toast</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Cheese or Pepperoni Pizza</p> <p><b>Salad:</b> Pretzel/Yogurt Pack</p> <p><b>Grill:</b> Smith's Hot Dog</p>
<p><b>20</b></p> <p><b>BKFST:</b> Cinnamon Biscuit</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Chicken Patty</p> <p><b>Grill:</b> Hot Dog with Cheese</p> <p><b>Salad:</b> Egg Chef Salad</p> <p><b>Deli:</b> Smucker's PBJ Pack</p>	<p><b>21</b></p> <p><b>BKFST:</b> Benefit Bar</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Walking Taco</p> <p><b>Grill:</b> Chicken Tenders</p> <p><b>Salad:</b> Egg Chef Salad</p> <p><b>Deli:</b> Smucker's PBJ Pack</p>	<p><b>22</b></p> <p><b>BKFST:</b> Chocolate Muffin</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Macaroni &amp; Cheese</p> <p><b>Grill:</b> Hamburger</p> <p><b>Salad:</b> Italian Salad</p> <p><b>Deli:</b> Smucker's PBJ Pack</p>	<p><b>23</b></p> 	<p><b>24</b></p> <p>Lucky Tray Day Free Cookie! November 15th</p>
<p><b>27</b></p> <p><b>NO SCHOOL</b></p>	<p><b>28</b></p> <p><b>BKFST:</b> Donut</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Dominos Pizza</p> <p><b>Salad:</b> Cobb Salad</p> <p><b>Deli:</b> Smucker's PBJ Pack</p>	<p><b>29</b></p> <p><b>BKFST:</b> Sausage Egg &amp; Cheese Sandwich</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Grilled Cheese &amp; Tomato Soup</p> <p><b>Grill:</b> Hot Dog</p> <p><b>Salad:</b> Diced Chicken Salad</p>	<p><b>30</b></p> <p><b>BKFST:</b> Waffle &amp; Sausage</p> <p><b>LUNCH:</b></p> <p><b>Entree:</b> Chicken Nuggets</p> <p><b>Grill:</b> Cheese Quesadilla</p> <p><b>Deli:</b> Ham &amp; Cheese Sandwich</p>	<p><b>BREAKFAST IS FREE FOR EVERYONE!</b></p>