

# NOVEMBER | 2023



## Grades 7-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Chicken or Pork Rib Sandwich Lettuce/Tomato/Onion/Pickle Fries Glazed Carrots Milk Fruit	<b>31</b> Breakfast 2Ct. Poptart Fruit Milk Fruit Juice Lunch Orange Chicken or Beef Nuggets W.W. Roll Mashed Potatoes Broccoli Milk Fruit	<b>1</b> Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Chicken Tenders/W.W. Roll or 2 Mozz. Breadsticks/Marinara Quick Baked Potato Broccoli Milk Fruit	<b>2</b> Breakfast I.W. pancakes Fruit Milk Fruit Juice Lunch Chicken or Pork Rib Sandwich Lettuce/Tomato/Onion/Pickle Fries Glazed Carrots Milk Fruit	<b>3</b> Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Sliced Pizza Green Beans Corn Milk Fruit
<b>6</b> Breakfast I.W. Muffins Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili Lettuce/Tomato/Onion/Pickle Fries Baked Beans Milk Fruit	<b>7</b> Breakfast 2Ct. Poptart Fruit Milk Fruit Juice Lunch Orange Chicken or Beef Nuggets W.W. Roll Mashed Potatoes Broccoli Milk Fruit	<b>8</b> Breakfast Bacon & Egg Biscuit Fruit Milk Fruit Juice Lunch Grilled Cheese or Pork BBQ/ W.W. Bun Green Beans Tiny Whole Potatoes Milk Fruit	<b>9</b> Breakfast Cinnamon Pull Apart Fruit Milk Fruit Lunch Sloppy Joe or Spicy Chicken Sandwich Fries Lettuce/Tomato/Onion/Pickle Milk Fruit Mixed Vegetables	<b>10</b> No School Veterans Day
<b>13</b> Breakfast Dutch Waffle Fruit Milk Fruit Juice Lunch Popcorn Chicken or Hamburger Steak/Onions/Gravy Mashed Potatoes Broccoli Milk Fruit W.W. Roll	<b>14</b> Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch Turkey/Cheese Sub or Pork BBQ/W.W. Bun Fries Vegetarian Beans Milk Fruit	<b>15</b> Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Spaghetti/Meat Sauce/ 1 Mozz. Breadstick or PB&J/String Cheese Carrots Milk Green Beans Fruit	<b>16</b> Breakfast Fruit Filled Strudel Fruit Milk Fruit Juice Lunch Chicken or Pork Rib Sandwich Lettuce/Tomato/Onion/Pickle Fries California Blend Milk Fruit	<b>17</b> Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Sliced Pizza Green Beans Corn Milk Fruit
<b>20</b> Breakfast I.W. Muffins Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili Lettuce/Tomato/Onion/Pickle Fries Baked Beans Milk Fruit	<b>21</b> Breakfast 2 Ct. Poptart Fruit Milk Fruit Juice Thanksgiving Lunch Sliced Turkey/Gravy/W.W. Roll Mashed Potatoes Green Beans Dressing Pumpkin Pie Milk	<b>22</b> No School Thanksgiving Break	<b>23</b> No School Thanksgiving Break	<b>24</b> No School Thanksgiving
<b>27</b> Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch Chicken Drumstick or Thigh or Beef Nuggets W.W. Roll Mashed Potatoes Peas Milk Fruit	<b>28</b> Breakfast Cinnamon Pull Apart Fruit Milk Fruit Juice Lunch: Taco in a Bag or Cheese Quesadilla Lettuce/Tomato/Cheese Salsa Corn Black Beans Milk Fruit	<b>29</b> Breakfast Bacon & Egg Biscuit Fruit Milk Fruit Juice Lunch Chicken Tenders/W.W. Roll or 2 Mozz. Breadsticks/Marinara Quick Baked Potato Broccoli Milk Fruit	<b>30</b> Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Chicken or Pork Rib Sandwich Lettuce/Tomato/Onion/Pickle Fries Carrots Milk Fruit	<b>1</b>

### News

Breakfast and Lunch offered at No Cost.

Cereal and Cereal Bar Variety offered daily at Breakfast.

JCMS gets first entrée offered.

Salad Bar offered Daily at JCHS.

Tossed Salad offered daily at lunch

1% White and Chocolate Milk offered at Breakfast and Lunch.

Fresh and /orCanned Fruit Offered Daily at Lunch.

Menus Subject to Change.

This institution is an equal opportunity provider.