

# TROJAN RALLY CAFE

# McDowell Intermediate November 2023

Daily Fruit Choices: Fresh Fruit, Assorted Fruit Cups, 100% Fruit Juice  
 Daily Vegetable Choices: Fresh Cut Cold Vegetables, Hot Vegetable Dujour  
 Daily Milk Choices: 1% White, Skim Chocolate  
 Grill Station Favorites: Chicken Patty, Spicy Chicken Patty, Cheeseburger, Hamburger  
 Available Daily (Lunch): Cheese or Pepperoni Pizza, Smucker's Uncrustable Lunch Pack  
 Available Daily (Breakfast): Assorted Cereals, Muffins, Pop Tarts, & Breakfast Bars

### NOTES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Student Meal Prices:

**Breakfast: FREE**

**Paid Lunch: \$2.70**

**BKFST:** Bagel Sandwich Variety **1**  
**Entree:** Chicken Bowl  
**Hot Vegetable:** Buttered Corn  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station



**BKFST:** Breakfast Pizza **2**  
**Entree:** Chicken Tenders & Roll  
**Hot Vegetable:** Baked Beans  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**BKFST:** Glazed Cinnamon Roll **3**  
**Entree:** Italian Meatball Sub  
**Hot Vegetable:** Green Beans  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**No School:  
November  
6th & 7th**



**Coming Soon!**

**BKFST:** Bagel Sandwich Variety **8**  
**Entree:** Chicken Bowl  
**Hot Vegetable:** Buttered Corn  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**BKFST:** Breakfast Pizza **9**  
**Entree:** French Toast Sticks  
 Chicken Sausage  
**Hot Vegetable:** Hashbrown  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station



**BKFST:** Vanilla Glazed Donut **10**  
**Entree:** Smith's Hot Dog  
**Hot Vegetable:** Baked Beans  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**BKFST:** Cinnamon Chip Scone **13**  
**Entree:** Cheese Dippers w/ Sauce  
**Hot Vegetable:** Steamed Broccoli  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station



**BKFST:** French Toast Sticks **14**  
**Entree:** *Spicy Tzatziki Beef Gyro*  
**Hot Vegetable:** Mixed Medley  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**BKFST:** Bagel Sandwich Variety **15**  
**Entree:** Chicken Bowl  
**Hot Vegetable:** Buttered Corn  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**BKFST:** Breakfast Pizza **16**  
**Entree:** Turkey  
 Mashed Potatoes w/ Gravy  
 Freshly Baked Roll w/ Butter  
**Hot Vegetable:** Green Beans  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**BKFST:** Glazed Cinnamon Roll **17**  
**Entree:** *Spicy Tzatziki Beef Gyro*  
**Hot Vegetable:** Mixed Medley  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**BKFST:** Mixed Berry Scone **20**  
**Entree:** BBQ Rib Sandwich  
**Hot Vegetable:** Steamed Broccoli  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**BKFST:** French Toast Sticks **21**  
**Entree:** Chicken Quesadilla  
**Hot Vegetable:** Refried Beans  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station



**BKFST:** Bagel Sandwich Variety **22**  
**Entree:** Chicken Bowl  
**Hot Vegetable:** Buttered Corn  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**EARLY DISMISSAL**

**NO  
SCHOOL** **23**

**NO  
SCHOOL** **24**

**NO  
SCHOOL**

**BKFST:** French Toast Sticks **28**  
**Entree:** Chicken Sliders  
**Hot Vegetable:** Baked Beans  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**BKFST:** Bagel Sandwich Variety **29**  
**Entree:** Chicken Bowl  
**Hot Vegetable:** Buttered Corn  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**BKFST:** Breakfast Pizza **30**  
**Entree:** Buffalo Chicken FB  
**Hot Vegetable:** Steamed Broccoli  
**Salad:** Grab-n-Go/Garden Salad  
**Tortilla:** Nacho Bar  
**Deli:** MTO Station

**Free Lunch Meals for  
Eligible Students -  
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