

November



Monday

Tuesday

Wednesday

Thursday

Friday

		1 <u>Breakfast</u> Tornadoes <u>Lunch</u> Hamburger w/Lettuce, Pickle & Tomato, Baked Fries, Fruit Crisp	2 <u>Breakfast</u> Egg & Cheese McMuffin <u>Lunch</u> Beef Taco or Fish Taco, Refried Beans, Fresh Salsa, Fruit	3 <u>Breakfast</u> Yogurt Parfait <u>Lunch</u> Pizza or Cook's Choice, Vegetables with Dip, Fruit
6 <u>Breakfast</u> Cereal Choice & English Muffin <u>Lunch</u> Brunch For Lunch! French Toast, Sausage, Fruit or Juice, Vegetable Sticks	7 <u>Breakfast</u> Ham & Cheese Croissant <u>Lunch</u> Oven Crisp Chicken Drumstick, Cheesy Potatoes, Pan Bread, Fruit or Juice	8 <u>Breakfast</u> Biscuits & Gravy <u>Lunch</u> Spaghetti w/ Garlic Bread, Garden Salad w/Dressing, Fruit	9 No School	10 No School
13 <u>Breakfast</u> Cereal Choice & English Muffin <u>Lunch</u> Whole Grain Corn Dogs, Barbeque Beans, Fruit	14 <u>Breakfast</u> Sausage Biscuit <u>Lunch</u> Chili w/chips or corn bread, fruit and vegetable choices	15 <u>Breakfast</u> WG French Toast Sticks <u>Lunch</u> Crispy Chicken Sandwich, Baked Fries, Garden Salad w/Dressing, Fruit	16 <u>Breakfast</u> 100% WW Bagel & Cream Cheese <u>Lunch</u> Turkey Gravy, Mashed Potatoes, WW Roll, Fruit	17 <u>Breakfast</u> Cook's Choice <u>Lunch</u> Pizza or Cook's Choice, Vegetables with Dip, Fruit
20 No School	21 No School	22 No School	23 HAPPY Thanksgiving	24 No School
27 <u>Breakfast</u> Cereal Choice & English Muffin <u>Lunch</u> Chicken Nuggets, Pan Bread, Baked Beans, Fruit	28 <u>Breakfast</u> Breakfast Muffin <u>Lunch</u> Orange Chicken, Brown Rice, Broccoli, Fruit	29 <u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Hamburger w/Lettuce, Pickle & Tomato, Baked Fries, Fruit Crisp	30 <u>Breakfast</u> Egg & Cheese McMuffin <u>Lunch</u> Chicken Enchilada or Beef Taco, Refried Beans, Fresh Salsa, Fruit	

Daily Breakfast choices include:

Cereal, Fruit or Juice

Daily Lunch choices include:

Various Veggies & Salads; Fruit or Juice Assortment

