

**November 2023**  
**BES Breakfast Menu**

| 6  | 7  | 8  | 9   | 10   |
|--|--|--|---|--|
| Pancake on a Stick<br>or<br>Assorted Cereals             | French Toast Sticks<br>or<br>Cinnamon Pop Tart                   | Sausage & Cheese<br>Croissant<br>or<br>Assorted Cereal           | Chicken Biscuit<br>or<br>Assorted Cereal  | Sausage Breakfast Pizza<br>or<br>Assorted Cereal |
| 13   | 14   | 15   | 16  | 17   |
| French Toast Sticks<br>or<br>Assorted Cereals            | Crispy Hash Brown &<br>Sausage, Toast<br>or<br>Cinna Mini Bagels | Chicken Biscuit<br>or<br>Blueberry Muffin Loaf                   | Bacon & Cheese<br>Grits Bowl w/ Toast<br>or<br>Assorted Cereal                        | Sausage Breakfast Pizza<br>or<br>Assorted Cereal |
| 20   | 21   | 22   | 23  | 24   |
| Thanksgiving Break                                       | Thanksgiving Break   | Thanksgiving Break   | Thanksgiving Break  | Thanksgiving Break                               |
| 27   | 28   | 29   | 30  | 1  |
| Blueberry Eggo<br>Waffle Bites<br>or<br>Assorted Cereals | Sausage Biscuit<br>or<br>Strawberry Poptart                      | Sausage & Cheese<br>Grits Bowl w/ Toast<br>or<br>Assorted Cereal | Cheese Toast w/<br>Breakfast Sausage<br>or<br>Strawberry Yogurt w/<br>Graham Crackers | Pancakes w/ Sausage<br>or<br>Assorted Cereal     |

**Grab & Go Breakfast Bags Available Daily**  
**A Variety of Milk, Fruit & Juice Available Daily**

**November 2023**  
**BES Lunch Menus**

| 6   | 7  | 8   | 9   | 10   |
|---|--|---|---|--|
| Chicken Nuggets w/ Roll<br><br>or Ham & Cheese Sandwich w/ Chips<br><br>Mashed Potatoes<br><br>Fresh Broccoli w/ Ranch                          | Hamburger<br><br>or Grab & Go Cereal Bag<br><br>Baked Beans<br><br>Tater Tots  | Beef & Cheese Nachos w/ Texas Toast<br><br>or Ham Sandwich w/ Chips<br><br>Green Beans<br><br>Lettuce Tomato and Salsa                              | Oven Fried Chicken w/ Roll<br><br>or Grab & Go Cereal Bag<br><br>Spanish Rice<br><br>English Peas                                       | Pepperoni & Cheese Pizza<br><br>or Grape Uncrustable w/ Cheese Stick & Chips<br><br>Corn<br><br>Side Salad w/ Ranch              |
| 13  | 14   | 15  | 16  | 17   |
| Hot Dog<br><br>or Ham & Cheese Sandwich w/ Chips<br><br>Mac & Cheese<br><br>Baked Beans<br><br>Fresh Baby Carrots w/ Ranch                      | BBQ Sandwich w/ Chips<br><br>or Ham Sandwich w/ Chips<br><br>Cucumber & Tomato Cup w/ Ranch<br><br>Corn on the Cob       | Chicken Sandwich w/ Chips<br><br>or Grape Uncrustable w/ Cheese Stick & Chips<br><br>Broccoli w/ Cheese Sauce<br><br>Curly Fries                    | Turkey w/ Gravy & Roll<br><br>Dressing<br><br>Cranberry Sauce<br><br>Green Beans<br><br>Sweet Potato Crunch                             | Turkey & Cheese Sandwich w/ Chips<br><br>Sack Lunch  |
| 20  | 21   | 22  | 23  | 24   |
| Thanksgiving Break  | Thanksgiving Break   | Thanksgiving Break  | Thanksgiving Break  | Thanksgiving Break   |
| 27  | 28   | 29  | 30  | 1  |
| Chicken & Noodles w/ Garlic Breadstick<br><br>or Grape Uncrustable w/ Cheese Stick & Chips<br><br>Fresh Baby Carrots w/ Ranch<br><br>Baby Limas | Steak Nuggets w/ Roll<br><br>or Ham & Cheese Sandwich w/ Chips<br><br>Stewed Tomatoes<br><br>Rice<br><br>Black Eyed Peas | Chicken Tacos w/ Tortilla Chips<br><br>or Grape Uncrustable w/ Cheese Stick & Chips<br><br>Lettuce Tomato and Salsa<br><br>Corn<br><br>Mexican Rice | Turkey & Cheese Sandwich & Chips<br><br>or Grape Uncrustable w/ Cheese Stick & Chips<br><br>Fresh Veggie Cup w/ Ranch<br><br>Fried Okra | Chicken Sandwich w/ Chips<br><br>or Grape Uncrustable w/ Cheese Stick & Chips<br><br>Broccoli w/ Cheese Sauce<br><br>Curly Fries |

**A Variety of Milk, Fruit & Juice Available Daily**