

November 2023
MES Breakfast Menu

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

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

November 2023
MES Lunch Menus

6	7	8	9	10
Hamburger Steak & Gravy w/ Roll or Turkey Wrap w/ Chips or Meatloaf w/ Roll Rice English Peas Fresh Veggie Cup w/ Ranch	Chicken Nuggets w/ Roll or Grape Uncrustable w/ Cheese Stick & Chips Fresh Broccoli w/ Ranch Mashed Potatoes	Turkey w/ Gravy & Roll Dressing Cranberry Sauce Green Beans Sweet Potato Crunch	Hamburger w/ Chips or Ham & Cheese Sandwich w/ Chips Lettuce, Tomato, Cheese Green Beans	Pepperoni & Cheese Pizza or Grape Uncrustable w/ Cheese Stick & Chips Corn Side Salad w/ Ranch
13	14	15	16	17
Chicken Tenders w/ Roll or Grape Uncrustable w/ Cheese Stick & Chips Mashed Potatoes Baby Limas	Corn Dog Nuggets or Ham & Cheese Sandwich w/ Chips Mac & Cheese Baked Beans Fresh Baby Carrots w/ Ranch	Spaghetti w/ Meat Sauce w/ Garlic Breadstick or Grab & Go Cereal Bag Green Beans Side Salad w/ Ranch	Rib Sandwich w/ Chips or Turkey Wrap w/ Chips Cucumber & Tomato Cup w/ Ranch Corn on the Cob	Hot Dog w/ Chips or Grape Uncrustable w/ Cheese Stick & Chips Fresh Baby Carrots w/ Ranch Fresh Broccoli w/ Ranch
20	21	22	23	24
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
27	28	29	30	1
Chicken Noodle Soup w/ Grilled Cheese or Ham Wrap w/ Chips Sweet Potato Patty Fresh Veggie	Steak Nuggets w/ Roll or Grape Uncrustable w/ Cheese Stick & Chips Rice, Stewed Tomatoes Black Eyed Peas	Chicken Tacos w/ Tortilla Chips or Turkey & Cheese Sandwich w/ Chips Rice Corn Lettuce Tomato and Salsa	Hamburger w/ Chips or Grape Uncrustable w/ Cheese Stick & Chips Green Beans Fresh Baby Carrots w/ Ranch	Chicken Sandwich w/ Chips or Grape Uncrustable w/ Cheese Stick & Chips Broccoli w/ Cheese Sauce Curly Fries

A Variety of Milk, Fruit & Juice Available Daily