

November 2023

Lunch includes entrée listed below, fruit, milk, and vegetable

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

Local Harvest of the Month is Winter Squash

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Students: \$2.00 Reduced: .30 Adult: \$2.25	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Breakfast Burrito w/ Fruit and Milk	Benefit Bar, Fruit and Milk	Pancakes/Yogurt Fruit and Milk	Muffin w/ String Cheese, Fruit, Milk
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk				
LUNCH: Students: \$3.25 Reduced: .40 Adult: \$4.25 Now Local: Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3400 ext 3443, Menu Questions 751-3400 ext 3646				
			1 Pizza, Corn Dog, PBJ	2 Pizza, Burritos, PBJ	3 Cheeseburger, Hoagie, PBJ
	6 Toasted Ham and Cheese Sandwich w/ Baked Chips, Hoagies, PBJ	7 Pizza, Hoagies, PBJ	8 Pizza, Corn Dog, PBJ	9 Pizza, Burritos, PBJ	10 Cheeseburger, Hoagie and PBJ
	13 Toasted Ham and Cheese Sandwich w/ Baked Chips, Hoagies, PBJ	14 Pizza, Hoagies, PBJ	15 Pizza, Corn Dog, PBJ	16 Turkey Gravy, Mashed Potatoes, Dinner Roll, Mini Pumpkin Pie, Pizza	17 Cheeseburger, Hoagie, or PBJ
	20 Toasted Ham and Cheese Sandwich w/ Baked Chips, Hoagie or PBJ	21 Pizza, Hoagies, PBJ	22 NO SCHOOL	23 HAPPY	24 THANKSGIVING!!
	27 Toasted Ham and Cheese Sandwich w/ Baked Chips, Hoagie or PBJ	28 Pizza, Hoagies, PBJ	29 Pizza, Corn Dog, PBJ	30 Pizza, Burrito, PBJ	
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories				