

November 2024

Catamount School



Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.

1) Cereal Applesauce **4**

Sweet & Sour Meatballs w/ Rice
Stir Fry Broccoli
Egg Roll
Mandarin Oranges

Dunkin Sticks Mandarin Oranges **5**

Chicken Nachos
Cheese Sauce
Sour Cream
Seasoned Pinto Beans
Pineapple Tidbits

Cereal Bar Pineapple Tidbits **6**

Grilled Ham & Cheese
Cucumber Coins w/ dip
Potato Wedges
Pudding
Banana

Yogurt, Granola Banana **7**

Chili
Oven Baked Fries
w/ or w/out cheese sauce
Breadstick
Orange Slices

Super Donut Orange Slices **8**

French Bread Pizza
Marinara Sauce
Whole Kernel Corn
Mixed Fruit

11

No School

Breakfast Pastry Diced Pears **12**

Crispy Chicken Tender Wrap
Lettuce, Tomatoes
Ranch Dressing
Pickle Spear
Smile Fries
Mandarin Oranges

Cherry Frudel Mandarin Oranges **13**

Hamburger
w/ or w/out cheese
Lettuce, Tomato, Pickles
Sweet Potato Fries
Peach Cup

Cereal Peach Cup **14**

Breaded Pork Chop
Seasoned Collard Greens
Seasoned Pinto Beans
Corn Bread
Spiced Apples

Cinnamon Toast Bar Applesauce **15**

Chicken Quesadilla
w/ or w/out queso
Salsa, Sour Cream
Seasoned Black Beans
Pineapple Tidbits

3) Sweet Bread Slice Diced Pears **18**

Mini Corn Dogs
Smile Fries
Glazed Carrots
Mixed Fruit

Yogurt, Granola Dried Fruit Popcorn Chicken **19**

Mashed Potatoes w/ gravy
Steamed Broccoli
w/ cheese sauce
Southern Style Biscuit
Banana

Cereal Banana **20**

Pizza
Whole Kernel Corn
Carrot Snack Pack w/ dip
Strawberry Cup

Muffin Strawberry Cup Oven Roasted Turkey **21**

Mashed Potatoes & Gravy
Seasoned Green Beans
Dressing
Roll
Spiced Apples
Cranberry Sauce

Super Donut Spiced Apples **22**

Manager's Choice Day

Cereal Diced Pears Breakfast for Lunch Eggs **25**

Sausage Patty
Tater Tots
Grapes Tomatoes w/ dip
Biscuit & Gravy
Apple Sauce

Cherry Frudel Apple Sauce **26**

Manager's Choice Day

27

No School

28

No School

29

No School

Breakfast Meal Components:
Entrée, Grain/Bread, Fruit, Juice, & Milk

Additional Weekly Breakfast Options (Rotated):
Fruit & Yogurt Parfaits
Peanut Butter Cup & Graham Crackers
Bagel & Cream Cheese
Boiled Egg & Cheese Stick & Cinnamon Bread

Lunch:
Entrée, Grain/Bread, Vegetable, Fruit, Milk

Additional Daily Lunch Options:
PB&J, Chef Salad, Pizza Bistro Box & Yogurt Plate

USDA Regulations:
**Students must take 1/2 cup fruit or 1/2 cup vegetable with breakfast & lunch

ITEMS IN RED ARE NC FARM TO SCHOOL (F2S)
This program, coordinated by the North Carolina Department of Agriculture and Consumer Services (NCDA&CS), offers seasonal produce for schools to purchase.

Menus are subject to change according to product availability & weather.
"USDA is an equal opportunity provider and employer"