

JUNIOR HIGH

November



BREAKFAST: Student:\$2.25 • Adult: a la carte **LUNCH:** Student \$3.65 • Reduced: \$0.40 • Adult: \$5.25

BREAKFAST: Toast or PopTart & Cereal offered daily. Includes choice of milk. **LUNCH:** Includes entrée, vegetable, fruit & choice of milk.

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| <p>4 BREAKFAST Mini French Toast OR PopTart & Cereal Craisins Fruit Juice LUNCH Beef/Cheese Nachos OR Hot/Spicy Chicken Sandwich OR Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p> | <p>5 BREAKFAST Waffles w/ Strawberries/Cream OR PopTart & Cereal Raisels, Fruit Juice LUNCH Hamburger/Cheeseburger OR Chicken/Cheese Quesadilla OR Crispy Chicken Salad w/ Flatbread OR Blueberry Yogurt Parfait w/ Muffin French Fries California Blend Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p> | <p>6 BREAKFAST * Breakfast Taco w/ Eggs & Bacon Tater Tots OR Toast & Cereal Craisins, Fruit Juice LUNCH Chicken Nuggets OR Steak Fingers Wheat Roll OR Grilled Cheese Sandwich OR *Turkey Club Wrap Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p> | <p>7 BREAKFAST Mini Cinnis OR Toast & Cereal Raisels Fruit Juice LUNCH Chicken Alfredo w/ Wheat Roll OR Fiestada Pizza OR Turkey/Ham/Cheese Salad w/Flatbread OR Fruit/Cheese Plate w/ Muffin Steamed Broccoli French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p> | <p>8 BREAKFAST Sausage & Biscuit w/ Gravy OR PopTart & Cereal Craisins, Fruit Juice LUNCH Pepperoni Pizza/ Cheese Pizza OR Crispy Chicken Sandwich OR Italian Sub Sandwich OR Mango Yogurt Parfait w/ Muffin Whole Kernel Corn French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p> |
| <p>11 BREAKFAST Cinnamon Roll & String Cheese OR PopTart & Cereal Craisins Fruit Juice LUNCH Mango Habanero Crispy Chicken Bites w/ Wheat Roll OR BBQ Beef Rib Sandwich OR Strawberry Yogurt Parfait w/ Muffin California Blend French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p> | <p>12 BREAKFAST Scrambled Eggs w/ Biscuit & Gravy OR Toast & Cereal Raisels, Fruit Juice LUNCH Hamburger/Cheeseburger OR Macaroni/Cheese w/ Fish Nuggets and Hushpuppies OR Crispy Buffalo Chicken Salad w/ Flatbread OR Turkey/Cheese Sub French Fries Green Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice</p> | <p>13 BREAKFAST Breakfast Pizza OR Toast & Cereal Craisins, Fruit Juice LUNCH Chicken Tenders OR Chicken Fried Steak Wheat Roll OR Cold Cut Combo Sub Sandwich OR Blueberry Yogurt Parfait w/ Muffin Mashed Potatoes w/Cream Gravy Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p> | <p>14 BREAKFAST * Sausage Rolls OR PopTart & Cereal Raisels, Fruit Juice LUNCH Soft Beef Tacos w/ Mexican Rice OR Crispy Chicken Sandwich OR Ham/Cheese Sub Sandwich OR Fruit/Cheese Plate w/ Muffin Ranch Beans French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p> | <p>15 BREAKFAST Chocolate Filled Crescent OR Toast & Cereal Craisins, Fruit Juice LUNCH Pepperoni Pizza/ Cheese Pizza OR Hot/Dog w/ Chili & Cheese OR *Turkey Club Sandwich OR Crispy Chicken Wrap Corn on the Cob French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p> |

*Contains Pork

Fresh fruit offered daily

Menu Subject to change due to product availability

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| <p>18 BREAKFAST Cream Cheese Filled Bagel OR PopTart & Cereal Craisins Fruit Juice</p> <p>LUNCH Beef/Cheese Nachos OR Hot/Spicy Chicken Sandwich OR Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p> | <p>19 BREAKFAST Mini Cinnamon Crumb Loaf OR Toast & Cereal Raisel Fruit Juice</p> <p>LUNCH Hamburger/Cheeseburger OR Breaded Mozzarella Cheese Sticks w/ Marinara Dip OR Crispy Caesar Chicken Wrap French Fries California Blend Fresh Vegetable of the Day Fruit Cup Fruit Juice</p> | <p>20 BREAKFAST Pancakes & Sausage OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Tangerine Chicken w/ Seasoned Rice and Wheat Roll OR Fiestada Stuffed Sandwich OR Italian Sub Sand. OR Strawberry Yogurt Parfait w/ Muffin French Fries Steamed Broccoli Fresh Vegetable of the Day Fruit Cup Fruit Juice</p> | <p>21 BREAKFAST Fruit Filled Frudel Strudel OR PopTart & Cereal Raisels Fruit Juice</p> <p>THANKSGIVING LUNCH Oven Roasted Turkey Breast OR Chicken Tenders Wheat Roll OR Blueberry Yogurt Parfait w/ Muffin Cornbread Stuffing Mashed Potatoes and Gravy Green Beans Fruit Cup Fruit Juice Holiday Treat</p> | <p>22 BREAKFAST Breaded Chicken Biscuit Sandwich OR PopTart & Cereal Craisins Fruit Juice</p> <p>LUNCH Pepperoni Pizza/Cheese Pizza OR Crispy Chicken Sandwich OR Turkey/Cheese Sub Sandwich French Fries Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup Fruit Juice</p> |
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