

# BCTEA

## 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.

<p><b>4 BREAKFAST</b> Mini French Toast <b>OR</b> PopTart &amp; Cereal Craisins Fruit Juice <b>LUNCH</b> Beef/Cheese Nachos <b>OR</b> Hot/Spicy Chicken Sandwich <b>OR</b> Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>5 BREAKFAST</b> Waffles w/ Strawberries/Cream <b>OR</b> PopTart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Hamburger/Cheeseburger <b>OR</b> Chicken/Cheese Quesadilla <b>OR</b> Crispy Chicken Salad w/ Flatbread <b>OR</b> Blueberry Yogurt Parfait w/ Muffin French Fries California Blend Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>6 BREAKFAST</b> * Breakfast Taco w/ Eggs &amp; Bacon Tater Tots <b>OR</b> Toast &amp; Cereal Craisins, Fruit Juice <b>LUNCH</b> Chicken Nuggets <b>OR</b> Steak Fingers Wheat Roll <b>OR</b> Grilled Cheese Sandwich <b>OR</b> *Turkey Club Wrap Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>7 BREAKFAST</b> Mini Cinnis <b>OR</b> Toast &amp; Cereal Raisels Fruit Juice <b>LUNCH</b> Chicken Alfredo w/ Wheat Roll <b>OR</b> Fiestada Pizza <b>OR</b> Turkey/Ham/Cheese Salad w/Flatbread <b>OR</b> Fruit/Cheese Plate w/ Muffin Steamed Broccoli French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p><b>8 BREAKFAST</b> Sausage &amp; Biscuit w/ Gravy <b>OR</b> PopTart &amp; Cereal Craisins, Fruit Juice <b>LUNCH</b> Pepperoni Pizza/ Cheese Pizza <b>OR</b> Crispy Chicken Sandwich <b>OR</b> Italian Sub Sandwich <b>OR</b> Mango Yogurt Parfait w/ Muffin Whole Kernel Corn French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>
<p><b>11 BREAKFAST</b> Cinnamon Roll &amp; String Cheese <b>OR</b> PopTart &amp; Cereal Craisins Fruit Juice <b>LUNCH</b> Mango Habanero Crispy Chicken Bites w/ Wheat Roll <b>OR</b> BBQ Beef Rib Sandwich <b>OR</b> Strawberry Yogurt Parfait w/ Muffin California Blend French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>12 BREAKFAST</b> Scrambled Eggs w/ Biscuit &amp; Gravy <b>OR</b> Toast &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Hamburger/Cheeseburger <b>OR</b> Macaroni/Cheese w/ Fish Nuggets and Hushpuppies <b>OR</b> Crispy Buffalo Chicken Salad w/ Flatbread <b>OR</b> Turkey/Cheese Sub French Fries Green Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p><b>13 BREAKFAST</b> Breakfast Pizza <b>OR</b> Toast &amp; Cereal Craisins, Fruit Juice <b>LUNCH</b> Chicken Tenders <b>OR</b> Chicken Fried Steak Wheat Roll <b>OR</b> Cold Cut Combo Sub Sandwich <b>OR</b> Blueberry Yogurt Parfait w/ Muffin Mashed Potatoes w/Cream Gravy Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>14 BREAKFAST</b> * Sausage Rolls <b>OR</b> PopTart &amp; Cereal Raisels, Fruit Juice <b>LUNCH</b> Soft Beef Tacos w/ Mexican Rice <b>OR</b> Crispy Chicken Sandwich <b>OR</b> Ham/Cheese Sub Sandwich <b>OR</b> Fruit/Cheese Plate w/ Muffin Ranch Beans French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p><b>15 BREAKFAST</b> Chocolate Filled Crescent <b>OR</b> Toast &amp; Cereal Craisins, Fruit Juice <b>LUNCH</b> Pepperoni Pizza/ Cheese Pizza <b>OR</b> Hot/Dog w/ Chili &amp; Cheese <b>OR</b> *Turkey Club Sandwich <b>OR</b> 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><b>18 BREAKFAST</b>          Cream Cheese Filled Bagel  <b>OR</b>          PopTart &amp; Cereal          Craisins          Fruit Juice</p> <p><b>LUNCH</b>          Beef/Cheese Nachos  <b>OR</b>          Hot/Spicy Chicken Sandwich  <b>OR</b>          Strawberry Yogurt Parfait w/ Muffin          Refried Beans          French Fries          Fresh Vegetable of the Day          Fruit Cup          Fruit Juice</p>	<p><b>19 BREAKFAST</b>          Mini Cinnamon Crumb Loaf  <b>OR</b>          Toast &amp; Cereal          Raisels, Fruit Juice</p> <p><b>LUNCH</b>          Hamburger/Cheeseburger  <b>OR</b>          Breaded Mozzarella Cheese Sticks w/ Marinara Dip  <b>OR</b>          Crispy Caesar Chicken Wrap          French Fries          California Blend          Fresh Vegetable of the Day          Fruit Cup          Fruit Juice</p>	<p><b>20 BREAKFAST</b>          Pancakes &amp; Sausage  <b>OR</b>          Toast &amp; Cereal          Raisels, Fruit Juice</p> <p><b>LUNCH</b>          Tangerine Chicken w/ Seasoned Rice and Wheat Roll  <b>OR</b>          Fiestada Stuffed Sandwich  <b>OR</b>          Italian Sub Sandwich  <b>OR</b>          Strawberry Yogurt Parfait w/ Muffin          French Fries          Steamed Broccoli          Fresh Vegetable of the Day          Fruit Cup, Fruit Juice</p>	<p><b>21 BREAKFAST</b>          Fruit Filled Frudel Strudel  <b>OR</b>          PopTart &amp; Cereal          Raisels, Fruit Juice</p> <p><b>LUNCH</b>          Oven Roasted Turkey Breast  <b>OR</b>          Chicken Tenders          Wheat Roll  <b>OR</b>          Blueberry Yogurt Parfait w/ Muffin          Cornbread Stuffing          Mashed Potatoes and Gravy          Green Beans          Fruit Cup          Fruit Juice  <i>Holiday Treat</i></p>	<p><b>22 BREAKFAST</b>          Chicken Biscuit Sandwich  <b>OR</b>          PopTart &amp; Cereal          Craisins          Fruit Juice</p> <p><b>LUNCH</b>          Pepperoni Pizza/Cheese Pizza  <b>OR</b>          Crispy Chicken Sandwich  <b>OR</b>          Turkey/Cheese Sub Sandwich          French Fries          Whole Kernel Corn          Fresh Vegetable of the Day          Fruit Cup          Fruit Juice</p>
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