

# November Middle School Menu



Week 1					11/1 Friday
<b>Breakfast</b>					Frudel Varies by month (36) Cereal (25)w/ Power Snacks(7)
<b>Lunch</b>					Super Nachos (4,2) or Cheese (35)/Pepperoni Pizza (33) Refried Beans (28) Celery Sticks
<b>Vegetable</b>					
Week 2	11/4 Monday	11/5 Tuesday	11/6 Wednesday	11/7 Thursday	11/8 Friday
<b>Breakfast</b>	4oz Yogurt/Giant Goldfish Cereal(25) w/ Power Snacks	Breakfast Pizza (31) Cereal (25)w/ String Cheese	Cinnamon Roll (52) Cereal (25)w/ Graham (19)	Confetti Mini Pancakes (36) Cereal (25)w/ String Cheese	Banana Bread (4,6) Cereal(25) w/ GoGurt(14)
<b>Lunch</b>	Mini Corn Dogs (27) or Cheese (35)/Pepperoni Pizza (33)	Philly Pinwheel(32) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Breaded Chx Drum (quan: 2) (12g C) WG Roll (11) or Cheese (35)/Pepperoni Pizza (33)	Orange Chicken(20) Fried rice(27) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Jalapeno Cheese Bites(quan. 6) (4,2g C) or Cheese (35)/Pepperoni Pizza (33)
<b>Vegetable</b>	Tater Smiles (31)	Steamed Carrots	Baked Beans (26)	Steamed Broccoli	Sliced Cucumbers

**Offered Everyday at Breakfast:**

**1% White Milk  
Fat Free White Milk  
Fat Free Flavored Milk  
100% Fruit Juice**

**Offered Every Day at Lunch:**

**Fresh Fruit and Vegetable Bar  
1% White Milk  
Fat Free White Milk  
Fat Free Flavored Milk**

**All meals comply with the National School Breakfast and Lunch Programs for nutrition guidelines.**

**( ) Indicates Carbohydrate Count**

**Menu Subject to change based on availability.**

**This institution is an equal opportunity provider.**

Week 3	11/12 Tuesday	11/13 Wednesday	11/14 Thursday	11/15 Friday	
<b>Breakfast</b>	Cheese Omelet (2) Cereal (25)w/ String Cheese	WG Powdered Donuts (4,1) Cereal (25)w/ Graham (19)	Pancake Sausage Stick (16) Cereal (25)w/ String Cheese	French Toast Stick (38) Cereal(25) w/ GoGurt(14)	
<b>Lunch</b>	Pot Stickers (31) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Breaded Chicken Sandwich (38) or Cheese (35)/Pepperoni Pizza (33)	Toasted Ravioli (64) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Chicken Nuggets (13) or Cheese (35)/Pepperoni Pizza (33)	
<b>Vegetable</b>	California Vegetables 1/2	Sweet Waffle Fries(34)	Spinach Mandarin Salad	Tater Tots(23)	
Week 4	11/18 Monday	11/19 Tuesday	11/20 Wednesday	11/21 Thursday	11/22 Friday
<b>Breakfast</b>	Benefit Bar Variety (see package) Cereal (25)w/ Power Snacks(7)	Sausage & Egg Sandwich (21) Cereal (25)w/ String Cheese	Muffin Variety (4,6-47) Cereal (25)w/ Power Snacks(7)	Breakfast Burrito (30) Cereal (25)w/ String Cheese	Strawberry Mini Bagels (4,2) Cereal (25)w/ String Cheese
<b>Lunch</b>	Beef Sliders (29) or Cheese (35)/Pepperoni Pizza (33)	Chicken Penne Alfredo Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Mozzarella Pull-Aparts (29) or Cheese (35)/Pepperoni Pizza (33)	Roasted Turkey w/ Gravy Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Beef Fiestada (4,3) Cheese (35)/Pepperoni Pizza (33)
<b>Vegetable</b>	Ranch Beans (23)	Carroteenies	Steamed Veggie Blend	Mashed Potatoes(15) Pumpkin Cookies (22)	Fresh Broccoli w/Ranch

Week 1	11/25 Monday	11/26 Tuesday
<b>Breakfast</b>	2ct Poptart (2g) Cereal (25)w/ Power Snacks(7)	Turkey Egg Bites Cereal (25)w/ String Cheese
<b>Lunch</b>	Hamburgers/Cheeseburgers (30)	Wings / Mac & Cheese (31) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)
<b>Vegetable</b>	French Fries (24)	Green Beans

HAPPY THANKSGIVING!!!

