



LAUREL OAKS CAREER CAMPUS

Cafeteria Menu

BREAKFAST

\$1.30

Entree (includes grain or meat/meat alternative)

Fruit and/or (1) Fruit Juice Milk

(Low-Fat 1% or Fat Free Chocolate)

Breakfast is served every day from 7:20-7:45am.

Daily offerings include: Cereal bars, bagels, Pop Tarts, donuts, cereal bowls and multiple hot entrees.

Fruit, juice and/or milk are also available.

LUNCH

\$3.50

Entree (includes grain)

**(2) Fruit
(2) Vegetables
Milk**

(Low Fat or Fat Free Chocolate)

November 2024

				<p>1</p> <p>Spaghetti & Meatsauce Garlic Bread Stick Side Salad Green Beans</p>
<p>4</p> <p>Shredded BBQ Chicken Sandwich Steamed Broccoli Cole Slaw</p>	<p>5</p> <p>Nachos Grande Corn & Black Bean Salsa Green Beans</p>	<p>6</p> <p>Chili Cheese Dog Side Salad Mixed Veggies</p>	<p>7</p> <p>Chicken Nuggets w/Corn Bread Mashed Potatoes Glazed Carrots</p>	<p>8</p> <p>BBQ Riblet Au gratin Potatoes Corn Cole Slaw</p>
<p>11</p> <p>Bosco Sticks w/Marinara Sauce Green Beans Buttered Corn</p>	<p>12</p> <p>Beef Soft Taco Tortilla Chips Refried Beans</p>	<p>13</p> <p>Chicken Alfredo Garlic Toast Glazed Carrots Steamed Broccoli</p>	<p>14</p> <p>Spicy Chicken Tenders Potatoe Smiles Baked Beans</p>	<p>15</p> <p>Grilled Cheese w/Tomato Soup Crackers Buttered Peas Pickle Slice</p>
<p>18</p> <p>General TSO Chicken w/Brown Rice Oriental Vegetables</p>	<p>19</p> <p>Chicken Fajitas Bowl w/Brown Rice Corn and Black Bean Salsa</p>	<p>20</p> <p>Philly Cheese Steak Steamed Broccoli and Cauliflower</p>	<p>21</p> <p>Thanksgiving Day Meal</p>	<p>22</p> <p>Mini Corn Dogs Mixed Veggies Side Salad</p>
<p>25</p> <p>BBQ Pulled Pork Sandwich Mac 'n Cheese Green Beans Cole Slaw</p>	<p>26</p> <p>Soft Taco w/Cheese & Salsa Buttered Corn Refried Beans</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>Happy Thanksgiving</p>	<p>29</p> <p>No School</p>

Apply online today for Free or Reduced Meals!

Visit our website at:

<http://www.greatoaks.com/about/food-service>

A variety of fruits and vegetables are offered daily on our Fresh Bar and serving lines.

Romaine salad mix, cucumbers, cherry tomatoes, celery, carrots, peppers, apples, oranges, craisins, and applesauce just to name a few!

Be sure and visit our Ala Carte Snack Bar available after lunch meals are served, where all items are Smart Snack compliant!

Entrees Available Daily:

- Pizza - Meat & Cheese
- Hot & Cold Sandwiches
- Grab 'N Go Options
- Charcuterie Boxes
- Large Entree Salads
- Vegetarian Options