



Spencer Public School

Nutrition and Lunch Menus

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cinnamon Roll Yogurt <u>Juice/Fresh Fruit</u> Cheese Fries w/Sauce Mixed Veggies Pineapple ALT Lasagna
4 Cereal/Donut Holes <u>Juice/Fresh Fruit</u> Tacos Soft Shell/Chip Corn Peaches Fresh Fruit ALT Chicken Fajita	5 Breakfast Bites <u>Juice/Fresh Fruit</u> Spaghetti Bread Stick Steamed Green Beans Mandarin Oranges Fresh Fruit ALT Alfredo Sauce	6 Breakfast Pizza <u>Juice/Fresh Fruit</u> Cheeseburger Curly Fries Baked Beans Pineapple Fresh Fruit	7 French Toast <u>Juice/Fresh Fruit</u> Chicken Tenders Chips Carrots Applesauce Fresh Fruit Cookie	8 <div style="text-align: center; font-size: 1.5em;">No School</div>
11 Quick Bread <u>Juice/Fresh Fruit</u> Pizza Peas and Carrots Pears Fresh Fruit	12 Pancakes <u>Juice/Fresh Fruit</u> Breakfast for Lunch French Toast/Syrup Sausage Hash Brown Cinnamon Applesauce	13 Elem- Cereal/Muffin MS/HS- Breakfast Sandwich <u>Juice/Fresh Fruit</u> Chicken Patty Broccoli Peaches Fresh Fruit Cookie	14 Breakfast Pizza <u>Juice/Fresh Fruit</u> Hot Dogs Sun Chip Baked Beans Strawberries Fresh Fruit ALT Rib Patty	15 Cake Donut Cheese Stick <u>Juice/Fruit</u> Quesadilla Sour Cream & Salsa Spanish Rice Corn Pineapple ALT Meatball Sub
18 Cereal/Frudels <u>Juice/Fresh Fruit</u> Mini Corn Dogs Buttered Noodles Mixed Veggies Applesauce Fresh Fruit	19 Breakfast Pizza <u>Juice/Fresh Fruit</u> Popcorn Chicken Sun Chip Carrots Peaches Fresh Fruit ALT Chicken Panini	20 Pancake on a Stick <u>Juice/Fresh Fruit</u> Nachos, Salsa & Sour Cream Strawberries Corn Fresh Fruit	21 Breakfast Scrambler Biscuit <u>Juice/Fresh Fruit</u> Turkey n Gravy Mashed Potatoes Stuffing Harvest Blend Veggies ALT Salisbury Steak	22 Long John Cheese Stix <u>Juice/Fresh Fruit</u> Grilled Cheese Tomato or Chicken Soup Crackers, Pears Fresh Fruit ALT Cuban
25 Waffle <u>Juice / Fresh Fruit</u> Chicken Nugget Mashed Potatoes Peaches Broccoli	26 Breakfast Pizza <u>Juice/Fresh Fruit</u> Sub, Sun Chips Roasted Veggies Mandarin Oranges Fresh Fruit Cookie	27 <div style="text-align: center; font-size: 1.5em;">No School</div>	28 <div style="text-align: center; font-size: 1.5em;">No School Happy Thanksgiving</div>	29 <div style="text-align: center; font-size: 1.5em;">No School</div>

Menu is subject to change without notice. Fresh fruit and veggie bar served daily. Milk is served daily, 1% Skim & Chocolate. Reminder that you are able to fill out the free and reduced application yearly. This is an equal opportunity provider. Breakfast is FREE to all students.