

NOVEMBER



**COLUMBIA RIDGE
ELEMENTARY**



**GRANT
ELEMENTARY**



	MON	TUE	WED	THU	FRI
	Breakfast Protein Options Monday: Egg & Cheese English Muffin Tuesday: Egg Bites w/ Toast Wednesday: Sausage & Cheese Biscuit Thursday: Omelet w/ Toast Friday: Yogurt & Graham Crackers				
NOV 3-7	Breakfast: Cereal Lunch: Chicken Nuggets Hot Italian Sub (GF,DF) Blueberry Parfait Hot Veggie: Cheesy Mashed Potatoes	Breakfast: Snackin' Waffle Lunch: Cheeseburger Crunchy Taco (GF,DF) Ham & Cheese Sandwich Hot Veggie: Mexican Black Beans	Breakfast: Breakfast Cookie Lunch: Pizza (GF,DF)	Breakfast: Muffin Lunch: Nachos American Sandwich (GF,DF)	Breakfast: Donut Lunch: Mini Corn Dogs Sunbutter & Jelly Sandwich (GF,DF) Hot veggie: French Fries
NOV 10-14	Breakfast: Cereal Bar Lunch: Cheesy Breadsticks Teriyaki Dippers w/Rice Pizza Box (GF,DF) French Fries	NO SCHOOL	Breakfast: Pancake on a Stick Lunch: Pizza (GF,DF) American Sandwich Hot Veggie: Sweet Potato Fries	Breakfast: French Toast Sticks Lunch: Macaroni & Cheese Pretzel & Cheese Ham & Cheese Sandwich (GF,DF) Hot Veggie: Parmesan Green Beans	Breakfast: Muffin Square Lunch: Corndog Sweet & Sour Chicken Bowl (GF,DF) Protein Power Box Hot Veggie: Mixed Veggies
NOV 17-21	Breakfast: Cereal Lunch: Chicken Burger Hot Dog (GF,DF) Peach Parfait Hot Veggie: Curly Fries	Breakfast: Breakfast Bar Lunch: Bean & Cheese Burrito Walking Tacos Turkey Sandwich (GF,DF) Hot Veggie: Southwest Black Beans	Breakfast: Pop-Tart Lunch: Pizza (GF,DF) Tuna Sandwich Hot Veggie: Green Beans	Breakfast: Party Pancakes Lunch: French Toast & Sausage Chicken Alfredo Peppi Pizza Salad (GF,DF) Hot Veggie: Tator Tots GRANT FEAST	Breakfast: Donut Lunch: Cheeseburger (GF,DF) Teriyaki Chicken Sunbutter & Jelly Sandwich Hot Veggie: Corn
NOV 24-28	Breakfast: Cereal Bar Lunch: Chicken Nuggets Pulled Pork Sandwich Sunbutter & Jelly Sandwich (GF,DF) Hot Veggie: French Fries	Breakfast: Snackin' Waffle Lunch: Nachos Chicken Biryani American Sandwich (GF,DF) Hot Veggie: Aztec Corn COLUMBIA RIDGE FEAST	Breakfast: Frudel Lunch: Pizza (GF,DF) Turkey Sandwich Hot Veggie: Roasted Chickpeas	NO SCHOOL	NO SCHOOL

This institution is an equal opportunity provider.

Additional nutritional information available online at: ephrataschools.nutrislice.com/menu