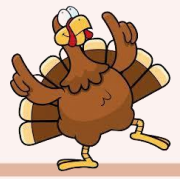
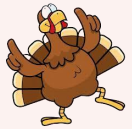
MENU

SHASTA LAKE MIDDLE SCHOOL

NOVEMBER

02 **BREAKFAST** YOGURT & TOAST **LUNCH** SOFT TACOS or QUESADILLA SPANISH RICE	**03** **BREAKFAST** SCRAMBLED EGGS, TOAST, JELLY **LUNCH** BAKED ZITI & BREADSTICK Or UNCRUSTABLE, STRING CHEESE & CRACKERS	**04** **BREAKFAST** HOMEMADE MUFFIN **LUNCH** PAPA MURPHY'S PIZZA Or PINTOS, CHEESE & CHIPS	**05** **BREAKFAST** BREAKFAST BRURITO **LUNCH** PULLED PORK SANDWICH Or HOT DOG	**06** **BREAKFAST** FRUIT & YOGURT PARFAIT GRANOLA **LUNCH** HAM & CHEESE MELT Or DELI SANDWICH
09 **BREAKFAST** BREAKFAST PIZZA **LUNCH** CHICKEN NUGGETS MASHED POTATOES & GRAVY Or SLOPPY JOES	**10** **BREAKFAST** BAGEL & CREAM CHEESE **LUNCH** BEAN BURRITO, CHIPS & SALSA Or UNCRUSTABLE, STRING CHEESE & CRACKERS		**12** **BREAKFAST** SCRAMBLED EGGS TOAST & JELLY **LUNCH** MAC & CHEESE Or CORN DOG	**13** **BREAKFAST** PANCAKE SAUSAGE SANDWICH SYRUP **LUNCH** TERIYAKI CHICKEN & RICE Or CHICKEN PATTY SANDWICH
16 **BREAKFAST** YOGURT & TOAST **LUNCH** SPAGHETTI & ROLL Or BBQ CHICKEN SANDWICH	**17** **BREAKFAST** SCRAMBLED EGGS, TOAST, JELLY **LUNCH** GATEWAY LOADED BURRITO (Chicken, rice, bean & cheese burrito) Or COOKS CHOICE	**18** **BREAKFAST** HOMEMADE MUFFIN **LUNCH** PAPA MURPHY'S PIZZA Or PINTOS, CHEESE & CHIPS	**19** **BREAKFAST** BREAKFAST BRURITO **LUNCH** CHILI CON CARNE & CORNBREAD Or HOT DOG	**20** **BREAKFAST** FRUIT & YOGURT PARFAIT GRANOLA **LUNCH** TURKEY, GRAVY MASHED POTATOES, ROLL BIRTHDAY TREAT
23 THANKSGIVING BREAK NO SCHOOL NOVEMBER 23-27	**24** 	**25** 	**26** 	**27** 
30 **BREAKFAST** YOGURT & TOAST **LUNCH** SOFT TACOS or QUESADILLA SPANISH RICE				

Breakfast: *Optional breakfast is cereal & graham crackers*
All breakfasts include the following components: 2 oz Grains,
1 Cup Fruit & 1 Cup Milk.
Lunch: All lunches include the following components: 1 Cup Milk, 1-2 Oz Meat/Meat Alternative, 1-2 Oz Grains, ½ Cup Fruit & ¾ Cup Vegetables. Salad bar offered daily.

Menus are subject to change
This institution is an equal opportunity provider.
Student meals provided at no charge
Adult Breakfast $4.25 & Lunch $5.75

Happy Birthday to everyone with a birthday in October! Birthday treat comes with hot lunch only.



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