Metcalfe County Schools

Breakfast Menu for Metcalfe High & Middle

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Sausage Biscuit** **Bagels** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	3 **Egg Bites & Hash Browns** **Oatmeal** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	4 **Assorted Pastries** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	5 **Bacon Egg & Cheese Biscuit** **Oatmeal** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	6 **Cinnamon Rolls** **Fruit & Yogurt Parfait** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit
9 **Biscuit & Gravy** **Bagels** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	10 **Breakfast Pizza** **Oatmeal** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	11 **Assorted Pastries** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	12 **Chicken Biscuit** **Oatmeal** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	13 **Tornados** **Fruit & Yogurt Parfait** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit
16 **Sausage Biscuit** **Bagels** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	17 **Egg Bites & Hash Browns** **Oatmeal** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	18 **Assorted Pastries** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	19 **Bacon Egg & Cheese Biscuit** **Oatmeal** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	20 **Cinnamon Rolls** **Fruit & Yogurt Parfait** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit
23 **Biscuit & Gravy** **Bagels** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	24 **Breakfast Pizza** **Oatmeal** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit	25 Thanksgiving Break	26 Thanksgiving Break	27 Thanksgiving Break
30 **Sausage Biscuit** **Bagels** **Assorted Cereals, Bars, Pop Tarts** 100% Fruit Juice Seasonal Fresh Fruit				

Whole Grain Strawberry, Chocolate or Cinnamon Pop Tarts are available daily.

1% or Fat Free White or Flavored Milk Available Daily!

Meat/Meat alternatives are listed in bold type • Menu is subject to change due to availability of food items.

Seasonal fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

This institution is an equal opportunity provider.

www.metcalfe.kyschools.us

Metcalfe County Schools

Lunch Menu for Metcalfe High & Middle

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Chicken Fingers** **Salisbury Steak** Whole Kernel Corn Mashed Potatoes Green Beans Roll Assorted Fruit	3 **Beef Tacos** Chips & Salsa Seasoned Black Beans Guacamole Side Salad Fresh Veggies Assorted Fresh Fruit	4 **Chicken Fillet w/ Bun** **Pizza Crunchers** Green Peas Waffle Fries Fresh Veggies Mandarin Oranges Assorted Fresh Fruit	5 **General Tso's Chicken** Fried Rice Egg Roll Fresh Veggies Mandarin Oranges Assorted Fresh Fruit	6 **Chili** **Grilled Cheese** **All Beef Hot Dog** Baked Chips Fruit Selections Fresh Baked Cookie
9 **Cheese Breadsticks** **Hot Ham & Cheese** Side Salad Baked Chips Fresh Veggies Brownie Assorted Fresh Fruit	10 **Extreme Nachos** Side Salad Chips & Salsa Refried Beans Fresh Veggies Sliced Peaches Assorted Fresh Fruit	11 **Pepperoni Calzone** Baked Chips Side Salad Fresh Veggies Fresh Baked Cookie Assorted Fruit	12 **Buffalo Chicken Dip** Tostitos Scoops Side Salad Fresh Veggie Cup Fruit & Yogurt Parfait Fresh Fruit Brownie	13 **Veggie Soup** **Grilled Cheese** **All Beef Hot Dog** Baked Chips Veggie & Fruit Selections Fresh Baked Cookie
16 **Hamburger** Curly Fries Baked Beans Rice Krispy Square Fresh Veggies Assorted Fresh Fruit	17 **Chicken Burrito Bowl** Chips and Salsa Fresh Veggies Guacamole Ice Cream Cup Assorted Fresh Fruit	18 **Pizza** **Corn Dog** Baked Chips Side Salad Fresh Veggies Mandarin Oranges Assorted Fresh Fruit	19 **Turkey or Ham** Dressing Mashed Potatoes Green Beans Roll & Gravy Ice Cream Fruits and Veggies	20 **Chicken Taco Soup** **Grilled Cheese** **All Beef Hot Dog** Baked Chips Veggie & Fruit Selections Fresh Baked Cookie
23 **Chicken Fingers** **Salisbury Steak** Whole Kernel Corn Mashed Potatoes Green Beans Roll Assorted Fruit	24 **Beef Tacos** Chips & Salsa Seasoned Black Beans Guacamole Side Salad Fresh Veggies Assorted Fresh Fruit	25 Thanksgiving Break	26 Thanksgiving Break	27 Thanksgiving Break
30 **Pizza** **Corn Dog** Baked Chips Side Salad Fresh Veggies Mandarin Oranges Assorted Fresh Fruit				

Salad Boxes and Sandwich Boxes are available daily!

1% or Fat Free White or Flavored Milk Available Daily!

Meat/Meat alternates are listed in bold type • Menu is subject to change due to availability of food items

Assorted fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

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