

NOVEMBER MENU

Grab & Go Hurst Junior High



BREAKFAST: Student $2.35 | Adult: a la carte **LUNCH:** Student $3.85 | Reduced $0.40 | Adult $6.00

BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk. **LUNCH:** Includes entree, vegetable, fruit & choice of milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL 	NO SCHOOL	4 **BREAKFAST** Cinnamon Donut Cheese Stick **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Chicken Tenders Steak Fingers Roll **OR** Ham & Cheese Sandwich **OR** Grilled Cheese Sandwich Mashed Potatoes w/ Cream Gravy Peas & Carrots Vegetable of the Day Seasonal Fruit Fruit Juice	5 **BREAKFAST** Mini Waffles **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Spaghetti w/ Meat Sauce Garlic Toast **OR** Chicken Drumstick **OR** Turkey, Ham & Cheese w/ Flat Bread **OR** Mandarin Yogurt Parfait w/ Muffin Bahama Blend Corn on the Cob Vegetable of the Day Fruit Cup, Fruit Juice	6 **BREAKFAST** French Toast Sticks & Sausage Patty **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Cheese Pizza Pepperoni Pizza **OR** Tangerine Chicken w/ Eggroll Seasoned Rice **OR** Cold Cut Sub Sandwich **OR** Buffalo Chicken Wrap French Fries Broccoli Vegetable of the Day Fruit Cup Fruit Juice
9 **BREAKFAST** Mini Pancakes **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Chicken Alfredo Garlic Toast **OR** BBQ Rib Sandwich **OR** Strawberry Yogurt Parfait w /Muffin French Fries Broccoli Vegetable of the Day Fruit Cup Fruit Juice	10 **BREAKFAST** Waffle Sausage Sandwich **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Hamburger Cheeseburger **OR** Mozzarella Sticks w/ Marinara Sauce **OR** Crispy Chicken Salad w/ Roll **OR** Ham & Cheese Croissant Sandwich French Fries Bahama Blend Vegetable of the Day Seasonal Fruit Fruit Juice	11 **BREAKFAST** Swirled Breakfast Roll **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Chicken Tenders Steak Fingers Roll **OR** Italian Sub Sandwich **OR** Grilled Cheese Sandwich Mashed Potatoes w/ Cream Gravy California Blend Vegetable of the Day Fruit Cup Fruit Juice	12 **BREAKFAST** Sausage, Egg & Cheese Sandwich **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Chili Frito Pie w/ Roll **OR** Crispy Chicken Sandwich **OR** Blueberry Yogurt Parfait w/ Muffin Ranch Beans Vegetable of the Day Seasonal Fruit Fruit Juice	13 **BREAKFAST** *Sausage Rolls **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Cheese Pizza Pepperoni Pizza **OR** Chicken Quesadilla **OR** Buffalo Chicken Wrap **OR** Cold Cut Sub Sandwich French Fries California Blend Vegetable of the Day Fruit Cup Fruit Juice

***Contains Pork • Fresh Fruit offered daily • Menu Subject to change due to product availability**

This institution is an equal opportunity provider.



NOVEMBER MENU

Grab & Go Hurst Junior High



BREAKFAST: Student $2.35 | Adult: a la carte **LUNCH:** Student $3.85 | Reduced $0.40 | Adult $6.00

BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk. **LUNCH:** Includes entree, vegetable, fruit & choice of milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 **BREAKFAST** Chocolate Filled Crescent **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Soft Beef Tacos Mexican Rice **OR** Hot & Spicy Chicken Sandwich **OR** Strawberry Yogurt Parfait w/ Muffin French Fries Refried Beans California Blend Vegetable of the Day Fruit Cup Fruit Juice	17 **BREAKFAST** Pancakes w/ Eggs & Cheese **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Hamburger Cheeseburger **OR** Macaroni & Cheese Fish Nuggets Hushpuppies **OR** Crispy Chicken Caesar Salad w/ Flat Bread **OR** Mandarin Yogurt Parfait w/ Muffin French Fries Green Beans Vegetable of the Day Fruit Cup, Fruit Juice	18 **BREAKFAST** Mini French Toast **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Spaghetti w/ Meat Sauce Garlic Breadstick **OR** Crispy Chicken Sandwich **OR** *Turkey Club Wrap **OR** Grilled Cheese Sandwich French Fries Broccoli Vegetable of the Day Fruit Cup Fruit Juice	19 **BREAKFAST** *Breakfast Taco & Tater Tots **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Roasted Turkey Chicken Tenders Roll **OR** Blueberry Yogurt Parfait w/ Muffin Mashed Potatoes w/ Gravy Cornbread Stuffing Green Beans Fruit Cup Fruit Juice Holiday Treat	20 **BREAKFAST** Fruit Frudel **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Cheese Pizza Pepperoni Pizza **OR** Chicken Smackers Garlic Toast **OR** Chicken Ceasar Wrap **OR** Italian Sub Sandwich Sidewinder Fries Whole Kernel Corn Vegetable of the Day Mandarin Oranges Fruit Juice



***Contains Pork • Fresh Fruit offered daily • Menu Subject to change due to product availability**

This institution is an equal opportunity provider.