

# NOVEMBER MENU

## 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<br>BREAKFAST<br>Glazed Donut<br>Cheese Stick<br>OR<br>Toast & Cereal<br>Craisins<br>Fruit Juice<br><br>LUNCH<br>Chicken Tenders<br>Steak Fingers<br>Roll<br>OR<br>Ham & Cheese<br>Sandwich<br>OR<br>Grilled Cheese Sandwich<br>Mashed Potatoes<br>w/ Cream Gravy<br>Peas & Carrots<br>Vegetable of the Day<br>Seasonal Fruit<br>Fruit Juice | 5<br>BREAKFAST<br>French Toast<br>Breakfast Sausage<br>OR<br>Pop Tart & Cereal<br>Raisels<br>Fruit Juice<br><br>LUNCH<br>Spaghetti<br>w/ Meat Sauce<br>Garlic Toast<br>OR<br>Chicken Drumstick<br>OR<br>Turkey, Ham & Cheese<br>w/ Flat Bread<br>OR<br>Mandarin Yogurt<br>Parfait w/ Muffin<br>Bahama Blend<br>Corn on the Cob<br>Vegetable of the Day<br>Fruit Cup, Fruit Juice | 6<br>BREAKFAST<br>Waffles w/Strawberries<br>& Cream<br>OR<br>Toast & Cereal<br>Craisins<br>Fruit Juice<br><br>LUNCH<br>Cheese Pizza<br>Pepperoni Pizza<br>OR<br>Tangerine Chicken<br>w/ Eggroll<br>Seasoned Rice<br>OR<br>Cold Cut Sub Sandwich<br>OR<br>Buffalo Chicken Wrap<br>French Fries<br>Broccoli<br>Vegetable of the Day<br>Fruit Cup<br>Fruit Juice |
| 9<br>BREAKFAST<br>Mini Pancakes<br><br>OR<br>Pop Tart & Cereal<br>Craisins<br>Fruit Juice<br><br>LUNCH<br>Chicken Alfredo<br>Garlic Toast<br><br>OR<br>BBQ Rib Sandwich<br><br>OR<br><br>Strawberry Yogurt<br>Parfait w /Muffin<br>French Fries<br>Broccoli<br>Vegetable of the Day<br>Fruit Cup<br>Fruit Juice | 10<br>BREAKFAST<br>Chicken & Waffles<br><br>OR<br>Toast & Cereal<br>Raisels<br>Fruit Juice<br><br>LUNCH<br>Hamburger<br>Cheeseburger<br><br>OR<br>Mozzarella Sticks<br>w/ Marinara Sauce<br>OR<br>Crispy Chicken<br>Salad w/ Roll<br>OR<br>Ham & Cheese<br>Croissant Sandwich<br>French Fries<br>Bahama Blend<br>Vegetable of the Day<br>Seasonal Fruit<br>Fruit Juice | 11<br>BREAKFAST<br>Swirled Breakfast<br>Roll<br>OR<br>Toast & Cereal<br>Craisins<br>Fruit Juice<br><br>LUNCH<br>Chicken Tenders<br>Steak Fingers<br>Roll<br>OR<br>Italian Sub<br>Sandwich<br>OR<br>Grilled Cheese<br>Sandwich<br>Mashed Potatoes<br>w/ Cream Gravy<br>California Blend<br>Vegetable of the Day<br>Fruit Cup<br>Fruit Juice | 12<br>BREAKFAST<br>Sausage, Egg<br>& Cheese Sandwich<br>OR<br>Pop Tart & Cereal<br>Raisels<br>Fruit Juice<br><br>LUNCH<br>Chili Frito Pie<br>w/ Roll<br><br>OR<br>Crispy Chicken<br>Sandwich<br>OR<br>Blueberry Yogurt<br>Parfait w/ Muffin<br>Ranch Beans<br>Vegetable of the Day<br>Seasonal Fruit<br>Fruit Juice | 13<br>BREAKFAST<br>*Sausage Rolls<br><br>OR<br>Toast & Cereal<br>Craisins<br>Fruit Juice<br><br>LUNCH<br>Cheese Pizza<br>Pepperoni Pizza<br><br>OR<br>Chicken<br>Quesadilla<br>OR<br>Buffalo Chicken Wrap<br>OR<br>Cold Cut Sub<br>Sandwich<br>French Fries<br>California Blend<br>Vegetable of the Day<br>Fruit Cup<br>Fruit Juice |

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

This institution is an equal opportunity provider.



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