

NOVEMBER MENU

COAHEB



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
2 **BREAKFAST** Mini Cinnis **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Sweet & Sour Chicken Seasoned Rice Egg Roll **OR** Strawberry Yogurt Parfait w /Muffin French Fries Green Beans Vegetable of the Day Sliced Apples Fruit Juice	3 **BREAKFAST** Biscuit w/ Eggs & Cheese **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Crispy Chicken Sandwich Hot & Spicy Chicken Sandwich **OR** Macaroni & Cheese Fish Nuggets Roll Smile Potatoes Broccoli Fruit Cup Fruit Juice	4 **BREAKFAST** Donut Rounds **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Chicken Tenders Steak Fingers Roll **OR** Buffalo Chicken Salad w/ Roll **OR** Mashed Potatoes w/ Cream Gravy Ranch Beans Vegetable of the Day Seasonal Fruit Fruit Juice	5 **BREAKFAST** Mini Waffles **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Spaghetti w/ Meat Sauce Roll **OR** Mandarin Yogurt Parfait w/ Muffin Bahama Blend Vegetable of the Day Fruit Cup Fruit Juice	6 **BREAKFAST** Breakfast Burrito **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Cheese Pizza Pepperoni Pizza **OR** Crispy Chicken Wrap Smile Potatoes Whole Kernel Corn 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** 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 Smile Potatoes Bahama Blend Vegetable of the Day Fruit Cup Fruit Juice	11 **BREAKFAST** Swirled Breakfast Roll **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Chicken Tenders Steak Fingers Roll **OR** Italian Sub Sandwich Mashed Potatoes w/ Cream Gravy California Blend Vegetable of the Day Fruit Cup Fruit Juice	12 **BREAKFAST** Pull Apart Donut **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Chili Frito Pie w/ Roll **OR** Ham & Cheese Croissant Sandwich Vegetarian Beans Vegetable of the Day Fruit Cup Fruit Juice	13 **BREAKFAST** *Sausage Rolls **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Cheese Pizza Pepperoni Pizza **OR** Cold Cut Sub Sandwich Tater Tots Carrots 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.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 **BREAKFAST** Chocolate Filled Crescent **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Beef & Cheese Nachos **OR** Strawberry Yogurt Parfait w/ Muffin French Fries Refried Beans California Blend Vegetable of the Day Fruit Cup Fruit Juice	17 **BREAKFAST** Cake Donut **OR** Pop Tart & Cereal Raisels Fruit Juice **LUNCH** Crispy Chicken Sandwich Hot & Spicy Chicken Sandwich **OR** Crispy Chicken Caesar Salad Salad w/ Flat Bread Smile Potatoes Green Beans Vegetable of the Day Seasonal Fruit Fruit Juice	**18** **BREAKFAST** Mini French Toast **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Spaghetti w/ Meat Sauce Breadstick **OR** Grilled Cheese Sandwich Broccoli Fruit Cup Fruit Juice	**19** **BREAKFAST** Breakfast Burrito **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 Vegetable of the Day Fruit Cup Fruit Juice Holiday Treat	**20** **BREAKFAST** Fruit Frudel **OR** Pop Tart & Cereal Craisins Fruit Juice **LUNCH** Chicken Smackers Garlic Toast **OR** Crispy Chicken Wrap Sidewinder Fries Whole Kernel Corn Vegetable of the Day Seasonal Fruit Fruit Juice
	Happy Thanksgiving			

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