

NOVEMBER | 2019



Grades 7-12 Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<u>News</u>
28	29	30	31	1 Biscuit & Gravy Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	
4 Bacon, Egg & Cheese Biscuit Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	5 Breakfast Pizza Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	6 Sausage Biscuit Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	7 Dutch Waffle Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	8 Biscuit & Gravy Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	
11 Veterans Day No School	12 Breakfast Pizza Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	13 Chicken Biscuit Or Cereal Bar Fruit Fruit Juice 1% or FF Milk	14 French Toast Sticks Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	15 Biscuit & Gravy Or Cereal/Cereal Bar Fruit Fruit Juice 1%	
18 Dutch Waffle Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	19 Breakfast Cluster Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	20 Sausage Biscuit Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	21 Cinnamon Roll Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	22 Biscuit & Gravy Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	
25 Bacon, Egg & Cheese Biscuit Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	26 Breakfast Pizza Or Cereal/Cereal Bar Fruit Fruit Juice 1% or FF Milk	27	28 Thanksgiving Break Nov. 27, 28, 29	29	

NOVEMBER | 2019



Grades 7-12 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Sliced Pepperoni Pizza Or Sliced Cheese Pizza Seasoned Corn Green Beans Fresh Tossed Salad Fresh and Canned Fruit 1% or FF Milk
4 Tangerine Chicken Egg Roll Or Bread Sticks/Marinara Sauce California Blend Vegetables Glazed Carrots Fresh and Canned Fruit 1% or FF Milk	5 Hamburger Or Spicy Chicken Patty WW Hamburger Bun Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Fresh and Canned Fruit 1% or FF Milk	6 Popcorn Chicken WW Roll Or Pork Rib Patty/WW Hoagie Bun Mashed Potatoes Green Beans Fresh and Canned Fruit 1% or FF Milk	7 Breaded Mozzarella Sticks Marinara Sauce Or Chicken Salad on Flat Bread Quick Baked Potato Steamed Broccoli Fresh and Canned Fruit 1% or FF Milk	8 Chicken Patty Or BBQ Pork WW Hamburger Bun Lettuce/Tomato/Onion/Pickle Potato Wedges Mixed Vegetables Fresh and Canned Fruit 1% or FF Milk
11 Veterans Day No School	12 Spicy Chicken Patty/WW Bun Or Cheese Quesadilla Lettuce/Tomato/Onion/Pickle Glazed Carrots Green Beans Quick Baked Potato Fresh and Canned Fruit 1% or FF Milk	13 Chicken Tenders Or Beef Teriyaki Nuggets WW Roll Macaroni & Cheese Steamed Broccoli Fresh and Canned Fruit 1% or FF Milk	14 Hamburger/WW Bun Or Hot Dog/Chili/WW Bun Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Fresh and Canned Fruit 1% or FF Milk	15 Sliced Pepperoni Pizza Or Sliced Cheese Pizza Seasoned Corn Green Beans Tossed Salad Fresh and Canned Fruit 1% or FF Milk
18 Spaghetti with Meat Sauce Garlic Bread Or PB&J Sandwich Green Beans Tiny Whole Potatoes Fresh and Canned Fruit 1% or FF Bread	19 Pork BBQ/WW Bun Or Hot Dog/Chili/WW Bun Coleslaw Baked Beans Potato Wedges Fresh and Canned Fruit 1% or FF Milk	20 Chicken Patty/WW Bun Or Bread Sticks/Marinara Sauce Lettuce/Tomato/Onion/Pickle Steamed Broccoli Quick Baked Potato Fresh and Canned Fruit 1% or FF Milk	21 "Thanksgiving Lunch" Sliced Turkey with Gravy Dressing WW Roll Mashed Potatoes Green Beans Fresh and Canned Fruit 1% or FF Milk Pumpkin Pie	22 Sliced Pepperoni Pizza Or Sliced Cheese Pizza Seasoned Corn Tossed Salad California Blend Vegetables Fresh and Canned Fruit 1% or FF Milk
25 Tangerine Chicken/Egg Roll Or Bread Sticks/Marinara Sauce Green Beans Glazed Carrots Fresh and Canned Fruit 1% or FF Milk	26 Hamburger WW Bun Or Spicy Chicken Patty/WW Bun Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Fresh and Canned Fruit 1% or FF Milk	27 Thanksgiving Break Nov. 27, 28, 29.	28	29

*Thanksgiving
Meal served Nov.
21, 2019*



Happy Thanksgiving