


# November 2018

Please Note: Breakfast Milk choice includes a choice of non-fat (unflavored) or 1% (unflavored) milk,  
Lunch includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk  
Reduced fat dressing is served with salads and fresh vegetables.  
All Grain items are Whole Grain Rich

| Mon   | Tue  | Wed  | Thu   | Fri  |
|---|--|--|---|--|
|   |  |  | 1<br>B'Fast – Pancake on Stick, Fruit, Juice, Milk<br><br>Lunch-Chicken Strips, Mashed Potatoes w/ Gravy, BB Sandwich Applesauce, Fresh Fruit, Milk | 2<br>NO SCHOOL   |
| 5<br>B'Fast – Egg/Ham Combo, Toast, Fruit, Juice, Milk<br><br>Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, Pineapple, Milk                                 | 6<br>B'Fast – French Toast Sticks, Fruit, Juice, Milk<br><br>Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, BB Sandwich Peaches, Applesauce, Milk                    | 7<br>B'Fast - Biscuits & Sausage Gravy, Fruit, Juice, Milk<br><br>Lunch – Cheeseburger on WG Bun, French Fries, Romaine/Spinach, Tomato Slices, Mandarin Oranges, ½ Apple,, Milk | 8<br>B'Fast – Breakfast Pizza, Fruit, Juice, Milk<br><br>Lunch – Scalloped Potatoes w/Ham, Peas, BB Sandwich, Banana, Pears, Milk                   | 9<br>B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk<br><br>Lunch – Hotdog on Bun, Baked Beans, Baby Carrots, ½ Orange, Applesauce, Milk     |
| 12<br>B'Fast – Waffle Sticks, Fruit, Juice, Milk<br><br>Lunch – Chicken Fajita on Soft Shell, Corn, Refried Beans, Lettuce, Cheese, Romaine, Tomatoes, Fresh Fruit, Pears, Milk | 13<br>B'Fast – Pancake on Stick, Fruit, Juice, Milk<br><br>Lunch – Tator Tot Hotdish, Mixed Vegetables, BB Sandwich, Peaches, Cantaloupe, Milk                         | 14<br>B'Fast – Egg/Cheese Biscuit, Fruit, Juice, Milk<br><br>Lunch – Pork Tender on Bun, Rice, Peas, Baby Carrots, Mandarin Oranges, ½ Apple, Milk                               | 15<br>B'Fast -French Toast Sticks, Fruit, Juice, Milk<br><br>Lunch – Mini Corndogs, Broccoli w/Cheese Sauce, Fresh Fruit, Pear, Milk                | 16<br>B'Fast – Egg/Ham Combo, Toast, Fruit, Juice, Milk<br><br>Lunch – Turkey, Mashed Potatoes w/Gravy, Corn, Tea Roll, Applesauce, ½ Orange, Milk |
| 19<br>B'Fast – Breakfast Wrap, Fruit, Juice, Milk<br><br>Lunch – Rib on Bun, Wedge Fries, Baby Carrots, Peaches, Pineapple, Milk  | 20<br>B'Fast – Biscuits & Sausage Gravy, Fruit, Juice, Milk<br><br>Lunch- Crispito's, Cheese, Chili, Corn, BB Sandwich, Refried Beans, ½ Apple, Mandarin Oranges, Milk | 21<br>B'Fast – Breakfast Pizza, Fruit, Juice, Milk<br><br>Lunch – Chicken Patty on Bun, Curly Fries, Romaine/Spinach Salad, Pears, Peaches, Milk                                 | 22<br>  | 23<br>NO SCHOOL  |
| 26<br>B'Fast – Egg/Ham Combo, Toast, Fruit, Juice, Milk<br><br>Lunch – Fish Nuggets, Wedge Fries, BB Sandwich, Pears, Fresh Fruit, Milk   | 27<br>B'Fast – Egg/Cheese Biscuit, Fruit, Juice, Milk<br><br>Lunch- Chicken Tetrizzini, BB Sandwich, Romaine/Spinach Salad, Baby Carrots, ½ Orange, Applesauce, Milk   | 28<br>B'Fast – Pancake on Stick, Fruit, Juice, Milk<br><br>Lunch – Sloppy Joe, Baked Beans, Coleslaw, Mandarin Oranges, ½ Apple, Milk  | 29<br>B'Fast – Breakfast Pizza, Fruit, Juice, Milk<br><br>Lunch – Italian Chicken on Bun, Tator Tots, Celery, Fresh Fruit, Peaches, Milk            | 30<br>B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk<br><br>Lunch – Chili, Cheese Sandwich, Baby Carrots, Crackers, Applecrisp, Milk        |