

November 2019

**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
				No School 1
4 B'Fast – Egg/Ham Combo, Toast, Fruit, Juice, Milk Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Pears ,Pineapple, Milk	5 B'Fast – Pancake on Stick, Fruit, Juice, Milk Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, BB Sandwich Peaches, Applesauce, Milk	6 B'Fast – Breakfast Wrap, Fruit, Juice, Milk Lunch – Cheeseburger on WG Bun, French Fries, Romaine/Spinach, Tomato Slices, Mandarin Oranges, ½ Apple,, Milk	7 B'Fast – Breakfast Pizza, Fruit, Juice, Milk Lunch – Scalloped Potatoes w/Ham, Peas, BB Sandwich, Banana, Pears, Milk	8 B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk Lunch – Hotdog on Bun, Baked Beans, Baby Carrots, ½ Orange, Applesauce, Milk
11 B'Fast - Biscuits & Sausage Gravy, Fruit, Juice, Milk Taco, HS: Taco in Bag, Elem Soft Shell Taco, Romaine/Spinach, Tomatoes, Cheese, , Green Beans, Applesauce, Fresh Fruit, Milk	12 B'Fast – Egg/Cheese Biscuit, Fruit, Juice, Milk Lunch-Chicken Strips, Mashed Potatoes w/ Gravy, BB Sandwich Mandarin Oranges, ½ Apple,, Milk	13 No School	14 B'Fast – Pancake on Stick, Fruit, Juice, Milk Lunch – Italian Chicken on Bun, Tator Tots, Fresh Fruit, Pears, Milk	15 B'Fast – Egg/Ham Combo, Toast, Fruit, Juice, Milk Lunch – Fish Nuggets, Wedge Fries, Baby Carrots, Peaches, Pears, Milk
18 B'Fast – Breakfast Pizza, Fruit, Juice, Milk Lunch – Chili, Cheese Sandwich, Baby Carrots, Crackers, Applecrisp, Milk	19 B'Fast - Biscuits & Sausage Gravy, Fruit, Juice, Milk Lunch – Tator Tot Hotdish, Mixed Vegetables, BB Sandwich, Peaches, Cantaloupe, Milk	20 B'Fast – French Toast Sticks, Fruit, Juice, Milk Lunch – Pork Tender on Bun, Rice, Peas, Baby Carrots, Mandarin Oranges, ½ Apple, Milk	21 B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk Lunch- Mini Corndogs, Baked Beans, Broccoli w/Cheese Sauce, Fresh fruit Pears, Milk	22 B'Fast – Breakfast Wrap, Fruit, Juice, Milk Lunch – Turkey, Mashed Potatoes w/Gravy, Corn, Tea Roll, Applesauce, ½ Orange, Milk
25 B'Fast – Egg/Cheese Biscuit, Fruit, Juice, Milk Lunch – Rib on Bun, Wedge Fries, Romaine/Spinach Salad, Baby Carrots, Peaches, Pineapple, Milk	26 B'Fast – Pancake on Stick, Fruit, Juice, Milk Lunch- Crispito's, Cheese, Chili, Corn, BB Sandwich, ½ Apple, Mandarin Oranges, Milk	27 B'Fast – Breakfast Pizza, Fruit, Juice, Milk Lunch – Chicken Patty on Bun, Curly Fries, Baby Carrots, Pears, Peaches, Milk	28 No School	29 No School

HAPPY



THANKSGIVING