

November 2022

**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**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 B'Fast – Biscuits & Gravy, Fruit, Juice, Milk Lunch-Chicken Strips, Mashed Potatoes w/ Gravy, BB Sandwich, Peaches, Baby Carrots, Pineapple, Milk	2 B'Fast - Egg/Cheese Muffin, Fruit, Juice, Milk Lunch – Cheeseburger on WG Bun, French Fries, Romaine/Spinach, Tomato Slices, Fresh Fruit, Pears, Milk	3 B'Fast – French Toast Sticks, Fruit, Juice, Milk Lunch – Cream Chicken Biscuits, Peas, Fresh Fruit, Applesauce Milk	4 B'Fast – Egg/Ham Combo, Fruit, Juice, Milk Lunch – Pizza Boat, Green Beans, Banana, Peaches, Milk
7 B'Fast – Breakfast Pizza, Fruit, Juice, Milk Lunch – Rib on Bun, Wedge Fries, , Baby Carrots, Applesauce, Pears, Milk	8 B'Fast – Waffle, Cheese Sticks, Fruit, Juice, Milk Lunch- Crispito's, Cheese, Chili, Green Beans, BB Sandwich, Refried Beans, Oranges, Peaches, Milk	9 B'Fast – Biscuits & Sausage Gravy, Fruit, Juice, Milk Lunch – Chicken Pattie on Bun, Curly Fries, Baby Carrots, ½ Apple, Mandarin Oranges, Milk	10 B'Fast – Pancake on a Stick, Fruit, Juice, Milk Lunch – Tator Tot Hotdish, Romaine Lettuce Salad, Mixed Vegetables, BB Sandwich, Pears, Cantaloupe, Milk	11 B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk Lunch – Hotdogs on Bun, Baked Beans, Baby Carrots, Peaches, Banana, Milk
14 B'Fast – Egg/Ham Combo, Fruit, Juice, Milk Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, , Applesauce, Milk	15 B'Fast - Egg/Cheese Biscuit, Fruit, Juice, Milk Lunch – Chicken Fajita on Soft Shell, Steamed Carrots, Refried Beans, Lettuce, Cheese, Romaine, Tomatoes, Fresh Fruit, Pears, Milk	16 B'Fast – Pancake on a Stick, Fruit, Juice, Milk Lunch – BBQ Pork on Bun, Tator Tots, Romaine Spinach, ½ Apple, Mandarin Oranges, Milk	17 B'Fast – Breakfast Pizza, Fruit, Juice, Milk Lunch – Turkey, Mashed Potatoes/Gravy, Corn, Tea Roll, Applesauce, Fresh Fruit, Milk	18 B'Fast – French Toast Sticks, Fruit, Juice, Milk Lunch Corndog, Broccoli with Cheese, ½ Orange, Pears, Milk
21 B'Fast – Egg/Ham Combo, Fruit, Juice, Milk Lunch –Elem –Soft Shell Taco, Taco in Bag, Lettuce, Tomatoes, Cheese, Refried Beans, Green Beans, Applesauce, Peaches, Milk	22 B'Fast – Biscuits & Gravy, Fruit, Juice, Milk Lunch- Crispito's, Cheese, Chili, Green Beans, BB Sandwich, Refried Beans, Oranges, Pears, Milk	23 B'Fast – Waffle, Cheese Sticks, Fruit, Juice, Milk Lunch – Chicken/Cheese Hotdish, BB Sandwich, Mixed Vegetables, Fresh Fruit, Applesauce, Milk	24 No School 	25 No School
28 B'Fast – Pancake on a Stick, Fruit, Juice, Milk Lunch – Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Romaine/Spinach Salad, Applesauce, Fresh Fruit, Milk	29 B'Fast – Egg/Cheese Omelet, Toast, Fruit Lunch –Chicken Nuggets, Mashed Potatoes, w/Gravy, BB Sandwich, Peaches, Pineapple, Milk	30 B'Fast – Egg/Ham Combo, Fruit, Juice, Milk Lunch – Chili, Cheese Sandwich, Baby Carrots, Crackers, Applecrisp, Milk		