

# NOVEMBER 2022

## North Union Elm/MS Swea City Campus

\*MS salad bar offered as alternate meal

\*Menu subject to change

\*Juice served daily with breakfast

\*Milk served daily with breakfast and lunch

Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast: English muffin with peanut butter and jelly, fruit **7**

Lunch: pizza, green beans, red pepper strips, sliced cucumbers, pears

Breakfast: pancakes, fruit **14**

Lunch: hot ham and cheese, tator tots, peaches

Breakfast: poptart, fruit **21**

Lunch: chicken alfredo, breadstick, garden salad, pineapple

Breakfast: french toast sticks, fruit **28**

Lunch: popcorn chicken, peas and carrots, applesauce

Breakfast: cini minis, fruit **1**

Lunch: corndog, corn, peaches

Breakfast: waffles, fruit **8**

Lunch: chicken nuggets, mashed potatoes, gravy, mandarin oranges

Breakfast: muffin, fruit **15**

Lunch: rib on a bun, corn, pears

Breakfast: uncrustable, fruit **22**

Lunch: pizza, baby carrots corn, pears

Breakfast: breakfast pizza, fruit **29**

Lunch: cheese breadsticks w/ marinara sauce, green beans, peaches

Breakfast: pancake bites, fruit **2**

Lunch: crisritos, chili, cheese, romaine, pineapple

Breakfast: cheese omelet, fruit **9**

Lunch: goulash, garden salad, dinner roll, applesauce

Breakfast: breakfast burrito, fruit **16**

Lunch: scalloped potatoes and ham, steamed carrots, dinner roll, peaches

Breakfast: cereal, fruit **23**

Lunch: hotdog, chili, cheese, baked beans, mixed fruit

Breakfast: muffin, fruit **30**

Lunch: Salisbury steak, mashed potatoes, gravy, dinner roll, mixed fruit

Breakfast: bagel with cream cheese, fruit **3**

Lunch: taco in a bag, diced tomatoes, romaine, cheese, mixed fruit

Breakfast: pancake on a stick, fruit **10**

Lunch: chicken sandwich, baby carrots, peaches

Breakfast: combo bar, fruit **17**

Lunch: softshell taco, lettuce, tomato, cheese, refried beans, banana

NO SCHOOL **24**

SCHOOL

Breakfast: long john, fruit **4**

Lunch: cheeseburger, hashbrown, tomato slice, romaine, orange slices

Breakfast: apple frudel, fruit **11**

Lunch: meatball sub, corn, mixed fruit

Breakfast: long john, fruit **18**

Thanksgiving Meal  
Lunch: turkey gravy over mashed potatoes, corn, dinner roll, apple slices, dessert

NO SCHOOL **25**

SCHOOL

