

November 2023

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 Bkfst-Ham/Egg Combo, Toast, Fruit, Juice, Milk Lunch-Italian Chicken on WG Bun, Tator Tots, Peaches, Applesauce, Milk	2 Bkfst-Waffle, Cheese Stick, Fruit, Juice, Milk Lunch-Crispito w/Cheese &Chili, WG B/B Sandwich, Corn, ½ Orange, Pears, Milk	3 Bkfst-Cheese Omelet, Toast, Fruit, Juice, Milk Lunch-Pizza, Green Beans, Romaine/Spinach Salad, Strawberries, Banana, Milk
6 Bkfst- French Toast Sticks, Fruit, Juice, Milk Lunch-Elem Soft Shell Taco H.S. Taco in a Bag, Refried Beans, Romaine/Spinach, Tomato, Cheese, Green Beans, Applesauce, Fresh Fruit, Milk	7 Bkfst-Egg/Cheese Biscuit, Fruit, Juice, Milk Lunch-Chicken Strips, Mashed Potatoes w/Gravy, B/B Sandwich, Mandarin Oranges, ½ Apple, Milk	8 Bkfst- Ham/Egg Combo, Toast, Fruit, Juice, Milk Lunch-Pork Tender on Bun, Rice, Peas, Baby Carrots, Pears, Fresh Fruit, Milk	9 Bkfst-Bkfst Pizza, Fruit, Juice, Milk Lunch-Pepperoni Pizza Boat, Corn, Peaches, Applesauce, Milk	10 Bkfst-Egg/Cheese Croissant, Fruit, Juice, Milk Lunch-Corn Dog, Broccoli w/Cheese Sauce, Banana, Pears, Milk
13 Bkfst- Bkfst Bagel, Fruit, Juice, Milk Lunch-Cream Chicken on Biscuits, Peas, Fresh Fruit, Peaches, Milk	14 Bkfst-Pancake on a Stick, Fruit, Juice, Milk Lunch-Lasagna, Green Beans, Romaine/Spinach Salad, Breadstick, Applesauce, Pineapple, Milk	15 Bkfst-Biscuits & Sausage Gravy, Fruit, Juice, Milk Lunch-Cheeseburger on a WG Bun, Baked Beans, Romaine/Spinach, Tomato, Baby Carrots, ½ Apple, Mandarin Oranges, Milk	16 Bkfst-Cheese Omelet, Fruit, Juice, Milk Lunch-Salisbury Steak, Mashed Potatoes w/Gravy, WG B/B Sandwich, Pears, Fresh Fruit, Milk	17 Bkfst- Egg/Cheese Biscuit, Fruit, Juice, Milk Lunch-Chicken Fajita on Soft Shell, Corn, Romaine/Spinach, Cheese, Tomato, Banana, Applesauce, Milk
20 Bkfst-Stuffed Hashbrown, Toast, Fruit, Juice, Milk Lunch-Rib on a Bun, Wedge Fries, Baby Carrots, Peaches, Pineapple, Milk	21 Bkfst-Waffle, Cheese Stick, Fruit, Juice, Milk Lunch- Crispito w/Cheese &Chili, WG B/B Sandwich, Corn, ½ Orange, Pears, Milk	22 Bkfst- Bkfst Pizza, Fruit, Juice, Milk Lunch-Chicken Patty on WG Bun, Curly Fries, Baby Carrots, Pears, Peaches, Milk	23 No School	24 No School
27 Bkfst- Biscuits & Sausage Gravy, Fruit, Juice, Milk Lunch-Pizza Boats, Green Beans, Romaine/Spinach Salad, Strawberries, Pears, Milk	28 Bkfst-Cheese Omelet, Fruit, Juice, Milk Lunch-Chicken Nuggets, Mashed Potatoes w/Gravy, WG B/B Sandwich, Peaches, Fresh Fruit, Milk	29 Bkfst- Bkfst Pizza, Fruit, Juice, Milk Lunch-Mini Corndogs, Broccoli w/Cheese Sauce, Baby Carrots, ½ Apple, Mandarin Oranges, Milk	30 Bkfst-Pancake on a Stick, Fruit, Juice, Milk Lunch-Chili, Cheese Sandwiches, Crackers, Baby Carrots, Apple Crisp, Milk	

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