



# NOVEMBER 2023

## North Union ELM/MS Swea City Campus

\*This Institution is an equal  
Opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Breakfast:</b> pop tart, fruit <b>1</b>	<b>Breakfast:</b> breakfast pizza, fruit <b>2</b>	<b>Breakfast:</b> long john, fruit <b>3</b>
		<b>Lunch:</b> pizza, corn, baby carrots, mixed fruit	<b>Lunch:</b> crispos, chili, cheese, celery, mixed fruit	<b>Lunch:</b> softshell taco, cheese, lettuce, diced tomato, refried beans, appleslices
<b>Breakfast:</b> pancake on a stick, fruit <b>6</b>	<b>Breakfast:</b> muffin, fruit <b>7</b>	<b>Breakfast:</b> uncrustable, fruit <b>8</b>	<b>Breakfast:</b> cereal, fruit <b>9</b>	<b>Breakfast:</b> long john, fruit <b>10</b>
<b>Lunch:</b> cheeseburger on bun, sweet potato fries, tomato slices, romaine, peaches	<b>Lunch:</b> chicken alfredo, garden salad, breadstick, mixed fruit	<b>Lunch:</b> mini corn dogs, green beans, applesauce	<b>Lunch:</b> rib on bun, peas & carrots, pears	<b>Lunch:</b> cheeseburger hot dish, garden salad, breadstick, pineapple
<b>Breakfast:</b> french toast sticks, fruit <b>13</b>	<b>Breakfast:</b> combo bar, fruit <b>14</b>	<b>Breakfast:</b> cream cheese bagel, fruit <b>15</b>	<b>Breakfast:</b> cini minis, fruit <b>16</b>	<b>Breakfast:</b> long john, fruit <b>17</b>
<b>Lunch:</b> chicken patty on bun, french fries, red pepper strips, sliced cucumbers, mixed fruit	<b>Lunch:</b> cheese breadsticks, marinara sauce, green beans, mandarin oranges	<b>Lunch:</b> spaghetti w/meat sauce, breadstick, baby carrots, peaches	<b>Lunch:</b> hotdog on bun, chili, cheese, baked beans, grapes	<b>Thanksgiving Meal</b> <b>Lunch:</b> sliced ham, mashed potatoes, gravy, garden salad, dinner roll, banana, dessert
<b>Breakfast:</b> waffles, fruit <b>20</b>	<b>Breakfast:</b> cheese omelet, fruit <b>21</b>	<b>Breakfast:</b> uncrustable, fruit <b>22</b>	<b>No School</b> <b>23</b>	<b>No School</b> <b>24</b>
<b>Lunch:</b> salisbury steak, mash potatoes, gravy, dinner roll, mixed fruit	<b>Lunch:</b> chili, cinnamon roll, red pepper strips, sliced cucumbers, pears	<b>Lunch:</b> pizza, corn, baby carrots, peaches		
<b>Breakfast:</b> pancake bites, fruit <b>27</b>	<b>Breakfast:</b> pop tart, fruit <b>28</b>	<b>Breakfast:</b> WG muffin, fruit <b>29</b>	<b>Breakfast:</b> cereal, fruit <b>30</b>	
<b>Lunch:</b> pork tender on bun, steamed carrots, mandarin oranges	<b>Lunch:</b> popcorn chicken, mash potatoes, gravy, dinner roll, applesauce	<b>Lunch:</b> crispos, chili, cheese, fresh broccoli, mixed fruit	<b>Lunch:</b> chicken fajita, fajita veggies, romaine, cheese, pears	

\*100% juice and skim or 1%(unflavored) milk served daily w/breakfast

\*skim, 1% or chocolate milk served daily w/lunch

\*salad bar offered as an alternate meal for Middle School

\*menu subject to change



**PAY FOR MEALS ONLINE**  
MySchoolBucks.com