



# November 2019 Breakfast Menu



Mon	Tue	Wed	Thu	Fri
<p>REMEMBER TO TAKE A FRUIT OR VEGETABLE AND AT LEAST 2 OTHER COMPONENTS TO COMPLETE YOUR MEAL. EVERY COMPLETE MEAL IS SERVED WITH A CHOICE OF FRESH MILK.</p> <p>USDA is an equal opportunity provider and employer</p>		<p><u>Meal Prices</u>  ES: \$2.90  MS/HS: \$3.10  Breakfast: \$1.60  Milk: \$0.50</p>		<p><sup>1</sup>  Whole Wheat Bagel and Cream Cheese, or Cereal  Fruit and Milk</p>
<p><sup>4</sup>  Whole Grain Breakfast Bun, or Cereal  Fruit &amp; Milk</p>	<p><sup>5</sup>  <b>School Closed  Superintendent's  Conference Day</b></p>	<p><sup>6</sup>  Whole Wheat Bagel and Cream Cheese, or Cereal  Fruit and Milk</p>	<p><sup>7</sup>  Whole Grain Muffin  Cereal  Fruit/ Juice  Milk</p>	<p><sup>8</sup>  Mini Pancakes  100% Juice  Milk /Fruit</p>
<p><sup>11</sup>  <b>School Closed  Veteran's Day</b></p>	<p><sup>12</sup>  Whole Grain Breakfast Bun, or Cereal  Fruit &amp; Milk</p>	<p><sup>13</sup>  Whole Wheat Bagel and Cream Cheese, or Cereal  Fruit and Milk</p>	<p><sup>14</sup>  Mini Pancakes  100% Juice  Milk /Fruit</p>	<p><sup>15</sup>  Whole Grain Muffin  Cereal  Fruit/ Juice  Milk</p>
<p><sup>18</sup>  Mini Pancakes  100% Juice  Milk /Fruit</p>	<p><sup>19</sup>  Whole Wheat Bagel and Cream Cheese, or Cereal  Fruit and Milk</p>	<p><sup>20</sup>  Whole Grain Breakfast Bun, or Cereal  Fruit &amp; Milk</p>	<p><sup>21</sup>  Whole Grain Muffin  Cereal  Fruit/ Juice  Milk</p>	<p><sup>22</sup>  Mini Pancakes  100% Juice  Milk /Fruit</p>
<p><sup>25</sup>  Whole Grain Breakfast Bun, or Cereal  Fruit &amp; Milk</p>	<p><sup>26</sup>  Whole Wheat Bagel and Cream Cheese, or Cereal  Fruit and Milk</p>	<p><sup>27</sup>  <b>School Closed  Thanksgiving Recess</b></p>	<p><sup>28</sup>  <b>School Closed  Thanksgiving Recess</b></p>	<p><sup>29</sup>  <b>School Closed  Thanksgiving Recess</b></p>



# November 2019 Lunch Menu



Mon	Tue	Wed	Thu	Fri
<p>REMEMBER TO TAKE A FRUIT OR VEGETABLE AND AT LEAST 2 OTHER COMPONENTS TO COMPLETE YOUR MEAL. EVERY COMPLETE MEAL IS SERVED WITH A CHOICE OF FRESH MILK.</p> <p>USDA is an equal opportunity provider and employer</p>		<p><b>Meal Prices</b>  ES: \$2.90  MS/HS: \$3.10  Breakfast: \$1.60  Milk: \$0.50</p>		<p>1  Cheese or Specialty Pizza  <b>Fresh Salad Bar</b>  Green Beans  Fresh Fruit  100% Fruit Juice</p>
<p>4  Chicken Patty or Veggie Burger  Cheese/Lettuce/Tomato Crinkle Cuts  Vegetarian Baked Beans  Chilled Peaches</p>	<p>5  <b>School Closed Superintendent's Conference Day</b></p>	<p>6  Pasta with Homemade Meat or Marinara Sauce  <b>Fresh Salad Bar</b>  Steamed Broccoli  Chilled Applesauce  Fresh Fruit</p>	<p>7  Meatball on a Whole Wheat Bun  Homemade Chicken Noodle Soup  Steamed Carrots  Fresh Fruit  Chilled Pears</p>	<p>8  Cheese or Specialty Pizza  <b>Fresh Salad Bar</b>  Green Beans  Fresh Fruit  100% Fruit Juice</p>
<p>11  <b>School Closed Veteran's Day</b></p>	<p>12  Pulled Pork Sandwich on a Whole Wheat Bun  Macaroni &amp; Cheese  Vegetarian Baked Beans  Chilled Peaches  Fresh Fruit</p>	<p>13  Pasta with Homemade Meat or Marinara Sauce  <b>Fresh Salad Bar</b>  Steamed Broccoli  Chilled Applesauce  Fresh Fruit</p>	<p>14  Grilled Cheese Or Grilled Ham and Cheese  Tomato Soup  Sweet Yellow Corn  Chilled Mixed Fruit  Fresh Fruit</p>	<p>15  Cheese or Specialty Pizza  <b>Fresh Salad Bar</b>  Homemade vegetable soup  Fresh Fruit  100% Fruit Juice</p>
<p>18  Crispy Chicken Dunkers  Silly Potato Smiles  Vegetarian Baked Beans  Chilled Peaches  Fresh Fruit</p>	<p>19  <b>"Load your own Baked Potato"</b>  Severed with a whole grain bun  Choice of toppings  Homemade Soup  Chilled Mixed Fruit  Fresh Fruit</p>	<p>20  Homemade Baked Ziti With Meat or Marinara Sauce  <b>Fresh Salad Bar</b>  Steamed Broccoli  Chilled Applesauce  Fresh Fruit</p>	<p>21  BBQ Wing or Plain With whole grain bun  Sweet potato fries  Corn  Chilled Pineapples  Fresh Fruit</p>	<p>22  Cheese or Specialty Pizza  <b>Fresh Salad Bar</b>  Green Beans  Fresh Fruit  100% Fruit Juice</p>
<p>25  <b>MEATLESS MONDAY</b>  Vegetable Chili  Whole Grain Tortilla chips  Chilled Peaches  Fresh Fruit</p>	<p>26  <b>Breakfast for Lunch</b>  French Toast  Sausage  Hash browns  Eggs  Fresh Fruit  Chilled Oranges  Chilled Applesauce</p>	<p>27  <b>School Closed Thanksgiving Recess</b></p>	<p>28  <b>School Closed Thanksgiving Recess</b></p> 	<p>29  <b>School Closed Thanksgiving Recess</b></p>