


# November 2022



This Institution is an equal opportunity provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1% white milk, skim white milk, fat free chocolate milk offered for every meal.		1/ <b>Breakfast:</b> Country Breakfast <b>Lunch:</b> Popcorn Chicken, Corn, Fresh Broccoli, Banana, WG Cookie <b>Alternate:</b> Ham & Cheese	2/ <b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> Chilli, Mini Cinni, Celery Sticks w/LC Ranch, Diced Pears <b>Alternate:</b> Chicken Salad w/WG Bun	7/ <b>Breakfast:</b> Pancakes <b>Lunch:</b> Breaded Pork Steak w/WG Bun, Peas, Carrot Sticks w/LC Ranch, Diced Peaches <b>Alternate:</b> Cold Ham w/WG Bun	4/ <b>NO SCHOOL</b>	5/
6/	7/ <b>Breakfast:</b> Fruit Frudel <b>Lunch:</b> Sloppy Joe w/WG Bun, Potato Smiles, Mixed Veggies, Orange <b>Alternate:</b> Egg Salad w/WG Bun	8/ <b>Breakfast:</b> Waffles <b>Lunch:</b> Grilled Chicken w/WG Bun, Potato Salad, Carrot Sticks w/LC Ranch, Diced Pears <b>Alternate:</b> Turkey & Swiss w/WG Bun	9/ <b>Breakfast:</b> Cinnamon Roll <b>Lunch:</b> Scalloped Potatoes and Ham, Green Beans, Dinner Roll, Applesauce Cup <b>Alternate:</b> Turkey Ham & Cheese w/WG Bun	10/ <b>Breakfast:</b> Pancake Sausage Stick <b>Lunch:</b> Macaroni & Cheese, Baked Beans, Fresh Broccoli w/LC Ranch, Diced Peaches <b>Alternate:</b> Crispito	11/ <b>Breakfast:</b> Mc J-Hawk <b>Lunch:</b> Chicken Pizza Quesadilla, Salsa, Corn, Frozen Fruit Cup <b>Alternate:</b> Tuna Salad w/WG Bun	12/
13/	14/ <b>NO SCHOOL</b>	15/ <b>Breakfast:</b> Pancake Bites <b>Lunch:</b> Breaded Corn Dog, Mixed Veggies, Carrot Sticks w/LC Ranch, Fresh Kiwi <b>Alternate:</b> Turkey Wrap	16/ <b>Breakfast:</b> Combo Link <b>Lunch:</b> Chicken Tetrizinni, Green Beans, Bread & Butter, Diced Pears <b>Alternate:</b> Egg Roll	17/ <b>Breakfast:</b> Biscuits & Gravy <b>Lunch:</b> BBQ Pork Rib w/WG Bun, Coleslaw, Baked Beans, Diced Peaches <b>Alternate:</b> Chicken Salad w/WG Bun	18/ <b>Breakfast:</b> Long John <b>Lunch:</b> Calzone, Marinara, Fresh Broccoli, Pineapple Tidbits <b>Alternate:</b> Combo Sub w/WG Bun	19/
20/	21/ <b>Breakfast:</b> Pop Tart <b>Lunch:</b> Breaded Chicken Patty w/ WG Bun, Steamed Carrots, Celery Sticks w/ LC Ranch, Banana <b>Alternate:</b> Egg Salad w/ WG Bun	22/ <b>Breakfast:</b> French Toast <b>Lunch:</b> Chilli Crispito, Corn, Grape Tomatoes, Mixed Fruit <b>Alternate:</b> Cold Ham w/WG Bun	23/ <b>Breakfast:</b> Strawberry Pancake Bowl <b>Lunch:</b> Cheddarwurst w/WG Bun, Corn Chips, Fresh Broccoli w/LC Ranch, Applesauce <b>Alternate:</b> Turkey & Swiss w/WG Bun	24/ <b>NO SCHOOL</b>	25/ <b>NO SCHOOL</b>	26/
27/	28/ <b>Breakfast:</b> Skillet Omelet w/Toast <b>Lunch:</b> Grilled Cheese w/ Tomato Soup, Celery Stick w/LC Ranch, Apple Slices <b>Alternate:</b> Turkey Ham Cheese w/WG Bun	29/ <b>Breakfast:</b> Breakfast Bar <b>Lunch:</b> Chicken Nuggets, Peas, Carrot Sticks w/LC Ranch, Orange <b>Alternate:</b> Chicken Salad w/WG Bun	30/ <b>Breakfast:</b> Snackbread <b>Lunch:</b> Broccoli Cheddar Soup, Ham Sandwich, Cucumber Slices w/LC Ranch, Diced Pears <b>Alternate:</b> Turkey Wrap			

**BREAKFAST options includes cereal variety, oatmeal, toast, applesauce, orange, orange juice, apple juice, grape juice fresh fruit variety.**

**SALAD BAR offered for grades 5-12 daily. Items may include lettuce, fresh fruits and vegetables, canned fruits, diced eggs, diced ham, pasta salads, yogurt**

**menus are subject to change**