

# NOVEMBER

# 2023

This institution in 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> Sausage Power Bites <b>LUNCH:</b> Pancake Sausage Stick - Yogurt - Hashbrown Patty - Dragon Punch - Applesauce Cup <b>ALTERNATE:</b> Cold Meat Sandwich w/ WG Bun	2/ <b>BREAKFAST:</b> Churros <b>LUNCH:</b> Cheddarwurst w/ WG Bun - Baked Beans - Potato Salad - Diced Peaches <b>ALTERNATE:</b> Turkey Swiss Wrap		4/
5/	6/ <b>BREAKFAST:</b> Pop Tart <b>LUNCH:</b> Hamburger w/ WG Bun - Tomato Slice - Smiley Fries - Banana <b>ALTERNATE:</b> Cold Ham w/ WG Bun	7/ <b>BREAKFAST:</b> French Toast Sticks w/ Syrup <b>LUNCH:</b> Walking Taco - WG Chips - Shredded Lettuce - Diced Tomato - Shredded Cheese - Raisels <b>ALTERNATE:</b> Combo Sub w/ WG Bun	8/ <b>BREAKFAST:</b> Sausage Egg/Cheese Combo Link <b>LUNCH:</b> Beef Lil Smokies - Soft Pretzel - Steamed Broccoli w/ Nacho Cheese Cup - Frozen Fruit Cup <b>ALTERNATE:</b> Cold Meat w/ WG Bun	9/ <b>BREAKFAST:</b> Biscuits & Gravy <b>LUNCH:</b> Breaded Fish Sandwich w/ WG Bun - Baked Beans - Carrot Sticks w/ LC Ranch - Diced Peas <b>ALTERNATE:</b> Turkey Swiss Wrap	10/ <b>BREAKFAST:</b> Cinnamon Roll <b>LUNCH:</b> Cheesy Bites - Marinara - Toss Salad w/ LC Ranch - Apple Slices - Ice Cream <b>ALTERNATE:</b> Ham/Cheese w/ WG Bun	11/
12/		14/ <b>BREAKFAST:</b> Fruit Frudel <b>LUNCH:</b> Breaded Corn Dog - Hashbrown - Peas - Pineapple Tidbits <b>ALTERNATE:</b> Combo Sub w/ WG Bun	15/ <b>BREAKFAST:</b> McJ-Hawk Breakfast Sandwich <b>LUNCH:</b> Chilli - Mini Cinni - Celery Sticks w/ LC Ranch - Diced Peaches <b>ALTERNATE:</b> Cold Meat w/ WG Bun	16/ <b>BREAKFAST:</b> Mini Donuts <b>LUNCH:</b> Hot Dog w/ WG Bun - Baked Beans - Romaine w/ LC Ranch - Apple Slices <b>ALTERNATE:</b> Turkey Swiss Wrap	17/ <b>BREAKFAST:</b> Breakfast Pizza <b>LUNCH:</b> Pizza Round - Marinara - Cucumber Slices w/ LC Ranch - Applesauce Cup - Brookie <b>ALTERNATE:</b> Ham/Cheese w/ WG Bun	18/
19/	20/ <b>BREAKFAST:</b> Muffin <b>LUNCH:</b> Sloppy Joe w/ WG Bun - Smiley Fries - Mixed Veggies - Orange <b>ALTERNATE:</b> Cold Ham w/ WG Bun	21/ <b>BREAKFAST:</b> Pancakes w/ Syrup <b>LUNCH:</b> Chicken Quesadilla - Salsa - Corn - Diced Peas <b>ALTERNATE:</b> Combo Sub w/ WG Bun	22/ <b>BREAKFAST:</b> Breakfast Bar <b>LUNCH:</b> Pizza Crunchers - Marinara - Fresh Broccoli w/ LC Ranch - Pineapple Tidbits - Sherbet <b>ALTERNATE:</b> Cold Meat w/ WG Bun			
26/	27/ <b>BREAKFAST:</b> Snack Bread <b>LUNCH:</b> Grilled Chicken w/ WG Bun <b>LUNCH:</b> Green Beans - Carrot Sticks w/ LC Ranch - Mixed Fruit <b>ALTERNATE:</b> Cold Ham w/ WG Bun	28/ <b>BREAKFAST:</b> Waffles w/ Syrup <b>LUNCH:</b> Crisпитos - String Cheese - Salsa - Lettuce w/ LC Ranch - Banana <b>ALTERNATE:</b> Combo Sub w/ WG Bun	29/ <b>BREAKFAST:</b> Sausage Power Bites <b>LUNCH:</b> Orange Chicken - Steamed Veggie Rice - Cucumber Slices - Dinner Roll - Raisels <b>ALTERNATE:</b> Cold Meat w/ WG Bun	30/ <b>BREAKFAST:</b> Breakfast Bagel <b>LUNCH:</b> BBQ Rib w/ WG Bun - Steakhouse Potato Salad - Baked Beans - Diced Peaches <b>ALTERNATE:</b> Turkey Swiss Wrap		

**BREAKFAST options include cereal variety, oatmeal, toast, applesauce, fresh fruit, orange juice, apple juice, and grape juice**

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

**\*\*MENUS ARE SUBJECT TO CHANGE\*\***