

NOVEMBER 2022

Mon	Tues	Wed	Thu	Fri
31 Cereal, Grahams, Juice or Fruit	1 Pancake on a Stick, Fruit or Juice	2 Breakfast Pizza, Fruit or Juice	3 Biscuit & Ham, Juice or Fruit	4 Donut, Juice or Fruit
Super Nachos Taco Meat Cheese Sauce Chips & Salsa Refried Beans Sliced Peaches	Macaroni & Cheese Chicken Strips WW Roll Seasoned Peas Fresh Baby Carrots Diced Pears	Hamburgers on a Bun Smiles Shredded Lettuce Sliced Tomatoes Celery Sticks Apple Slices	Grilled Chicken Patty WW Roll Mashed Potatoes & Gravy Green beans Tropical Fruit	Veggie Beef Stew WW Roll Broccoli Florets Sliced Cucumbers Pineapple Tidbits
7 Cereal, Grahams, Juice or Fruit	8 Breakfast Bites, Juice or Fruit	9 Breakfast Pizza, Juice or Fruit	10 Biscuit & Egg Juice or Fruit	11 Muffin, Juice or Fruit
Chicken Tetrizzini Garlic Bread Tossed Salad Pickle Spears Baby Carrots Apple Slices	Baked Chicken Cheesy Rice WW Roll Fresh Broccoli Cherry Tomatoes Grapes	Chicken Nuggets WW Roll Tossed Salad Oven Fries Red Pepper Strips Fruit Cocktail	Turkey & Cheese Sub Shredded Lettuce Sliced Tomatoes Waffle Fries Rosy Applesauce	Sloppy Joe on a Bun Roasted Red Potatoes Celery Sticks Sliced Peaches
14	15 Cereal, Grahams, Juice or Fruit	16 Breakfast Pizza, Juice or Fruit	17 Omelet, Juice, Fruit	18 Flavored Bread, Juice or Fruit
NO SCHOOL	Pizza Tossed Salad Cherry Tomatoes Craisins	Chicken Crispito Garden Salad Fresh Baby Carrots Orange	Turkey Stuffing Potatoes & Gravy Green Beans (Marshall) Green Bean Casserole (HS) Hot Roll Pumpkin Dessert	Beef & Bean Burrito Tortilla Chips & Salsa Shredded Lettuce Corn Diced Pears
21 Cereal, Grahams, Juice or Fruit	22 Waffles, Juice or Fruit	23	24	25
Chicken Fried Steaks WW Rolls Mashed Potatoes & Gravy Steamed Broccoli Apple Slices	Corn Dog Green Beans French Fry Mandarin Oranges	NO SCHOOL	NO SCHOOL THANKSGIVING	NO SCHOOL
28 Cereal, Grahams, Juice or Fruit	29 French Toast, Juice or Fruit	30 Breakfast Pizza, Fruit or Juice	1 Biscuit & Sausage, Fruit or Juice	2 Donut, Fruit or Juice
Breakfast For Lunch Biscuit & Gravy Hash Brown Sausage Patty (6-12) Juice Strawberries & Banana's	Super Nachos Taco Meat, Cheese Sauce, Chips & Salsa Refried Beans Broccoli Florets Orange	Hot Ham & Cheese on a Bun Potato Wedges Cherry Tomatoes Apple Slices	Crazy Lasagna Garlic Bread Salad Baby Carrots Grapes	Breaded Chicken Patty WW Roll Mashed Potatoes & Gravy Green Beans Rosy Pears

ALL MEALS ALSO INCLUDE CHOICE OF MILK: 1% WHITE OR 1% CHOCOLATE
 MENU SUBJECT TO CHANGE
 THIS INSTITUTION IS A EQUAL OPPORTUNITY PROVIDER
 ADDITIONAL FRUIT CHOICE AT HS ONLY