



# ELEMENTARY BREAKFAST AND LUNCH MENU

## NOVEMBER 2021

ELEMENTARY BREAKFAST: STUDENTS: NO COST // Adult/Visitor breakfast \$2.50

ELEMENTARY LUNCH: STUDENTS: NO COST // Adult/Visitor lunch \$4.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  NO SCHOOL	<b>2</b>  NO SCHOOL	<b>3</b> Whole Grain Chocolate Chip Waffle  Mini Corn Dogs Hamburger or Cheeseburger Baby Carrots Seasoned Green Beans Fresh Apple Slices	<b>4</b> Ham & Cheese Croissant  Spaghetti & Meatballs Breaded Chicken Sandwich Garden Salad Mixed Vegetables Frozen Peach Cup Wheat Roll	<b>5</b> Sausage & Cheese Kolache  Chicken Chunks Turkey Hot Dog Garden Fresh Roasted Sweet Potatoes Garden Salad Fresh Apple Slices Wheat Roll
<b>8</b> Whole Wheat Cinnamon Roll  Beef Soft Tacos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	<b>9</b> French Toast  Mini Corn Dogs Hamburger or Cheeseburger Garden Salad Whole Kernel Corn Orange Smiles	<b>10</b> Spiced Apple Muffin  Cheese or Pepperoni Pizza Garden Salad Seasoned Green Beans Fresh Apple Slices	<b>11</b> Sausage & Cheese Croissant  Macaroni & Cheese Breaded Chicken Sandwich Garden Salad Mixed Vegetables Frozen Peach Cup	<b>12</b> Chicken Biscuit  Chicken Tenders Turkey Hot Dog Garden Salad Steamed Broccoli Peach Cobbler
<b>15</b> Whole Wheat Cinnamon Roll  Nachos w/ Baked Tostitos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	<b>16</b> Whole Grain Maple Waffle  Chicken Chunks Hamburger or Cheeseburger Garden Salad Whole Kernel Corn Orange Smiles Wheat Roll	<b>17</b> Sausage & Cheese Biscuit  Cheese or Pepperoni Pizza Garden Salad Steamed Broccoli Fresh Apple Slices	<b>18</b> Ham & Cheese Croissant  Thanksgiving Turkey Breaded Chicken Sandwich Cornbread Dressing Mashed Potatoes & Gravy Seasoned Green Beans Cranberry Sauce Choice of Fruit Pumpkin Muffin Dinner Roll	<b>19</b> Sausage & Cheese Kolache  Cheese Stuffed Breadsticks Turkey Hot Dog Garden Salad Mixed Vegetables Peach Cobbler
<b>22</b>  NO SCHOOL	<b>23</b>  NO SCHOOL	<b>24</b>  NO SCHOOL	<b>25</b>  NO SCHOOL	<b>26</b>  NO SCHOOL
<b>29</b> Whole Wheat Cinnamon Roll  Mini Corn Dogs Baby Carrots Baked Beans Fresh Apple Slices	<b>30</b> Chocolate Chip Waffles  Steak Fingers Hamburger or Cheeseburger Garden Salad Mashed Potatoes & Gravy Frozen Peach Cup			

This institution is an equal opportunity provider.

**\*Menus are subject to change without notice due to price and availability of food\***

Menus also available at [Schoolcafe.com](http://Schoolcafe.com)

Nutrient Analysis is available at <https://www.cfsd.net/Page/3593>

**A Complete Breakfast Includes:**

- Choice of 1 entrée
- 2 fruits OR 1 fruit & juice
- 1% white or fat free chocolate milk

**Daily Breakfast Features:**

- Yogurt & Rockin' ola granola
- Whole grain cereal (Not available at some schools)
- 100% fruit juice
- 1% white or fat free chocolate milk

**A Complete Lunch Includes:**

- Choice of entrée
- 2 fruits
- 2 vegetables
- 1% white or fat free chocolate milk

**Weekly Lunch Entrees:**

- Monday & Friday:** Yogurt, Granola & String Cheese
- Tuesday & Thursday:** Wowbutter, Sting Cheese & Goldfish
- Wednesday:** Turkey Ham & Cheese Croissant

**Weekly Entrée Salads:**

- Tuesday, Wednesday & Thursday**
- Chef's Salad
- Grilled Chicken Caesar Salad