



# HIGH SCHOOL BREAKFAST AND LUNCH MENU

## NOVEMBER 2021

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>NO SCHOOL</b>	<b>2</b>  <b>NO SCHOOL</b>	<b>3</b> <b>Whole Grain Maple Waffle</b>  <b>Mini Corn Dogs</b> Baked Beans Garden Salad BBQ Baked Beans Mandarin Oranges & Pineapple	<b>4</b> <b>French Toast</b>  <b>Beef &amp; Cheese Nachos</b> Garden Salad Seasoned Black Beans Frozen Peach Cup	<b>5</b> <b>Sausage &amp; Cheese Kolache</b>  <b>Pulled Pork BBQ Sandwich</b> Cole Slaw Garden Fresh Roasted Sweet Potatoes Peach Cobbler Cheddar Jalapeño Cornbread
<b>8</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Steak Fingers</b> Garden Salad Mashed Potatoes & Gravy Peaches & Berries Wheat Roll	<b>9</b> <b>French Toast</b>  <b>Beef Soft Tacos</b> Garden Salad Whole Kernel Corn Fresh Whole Fruit	<b>10</b> <b>Sausage &amp; Cheese Biscuit</b>  <b>Lasagna Rolls</b> Garden Salad Seasoned Green Beans Fresh Cantaloupe Chunks Garlic Roll	<b>11</b> <b>Sausage &amp; Cheese Croissant</b>  <b>Cheese Enchiladas</b> Garden Salad Seasoned Pinto Beans Mandarin Oranges Cheddar Jalapeño Cornbread	<b>12</b> <b>Chicken Biscuit</b>  <b>Cheese Stuffed Breadsticks</b> Garden Salad Roasted Broccoli Peach Cobbler
<b>15</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Mini Corn Dogs</b> Garden Salad Mixed Vegetables Sliced Peaches	<b>16</b> <b>Whole Grain Maple Waffle</b>  <b>Pork Carnitas Tacos</b> Garden Salad Whole Kernel Corn Fresh Whole Fruit Cheddar Jalapeño Cornbread	<b>17</b> <b>Turkey Bacon &amp; Egg Breakfast Taco</b>  <b>Orange Chicken &amp; Lo Mein</b> Garden Salad Stir Fried Vegetables Mandarin Oranges & Pineapple Wheat Roll	<b>18</b> <b>Ham &amp; Cheese Croissant</b>  <b>Thanksgiving Turkey Breaded Chicken Sandwich</b> Cornbread Dressing Mashed Potatoes & Gravy Seasoned Green Beans Cranberry Sauce Choice of Fruit Pumpkin Muffin Dinner Roll	<b>19</b> <b>Sausage &amp; Cheese Kolache</b>  <b>Macaroni &amp; Cheese</b> Baby Carrots Garden Salad Diced Pears
<b>22</b>  <b>NO SCHOOL</b>	<b>23</b>  <b>NO SCHOOL</b>	<b>24</b>  <b>NO SCHOOL</b>	<b>25</b>  <b>NO SCHOOL</b>	<b>26</b>  <b>NO SCHOOL</b>
<b>29</b> <b>French Toast</b>  <b>Chili Cheese Hot Dog</b> Garden Salad Sweet Potato Fries Sliced Peaches Express Garlic Roll	<b>30</b> <b>Whole Grain Chocolate Chip Waffle</b>  <b>Pork Carnitas Tacos</b> Garden Salad Whole Kernel Corn Sliced Peaches Cheddar Jalapeño Cornbread			

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.cfid.net/Page/3593>

Complete Breakfast Includes:

- Choice of 1 entrée
- 1 fruit 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)
- Fresh Fruit
- 100% fruit juice
- 1% white or fat free chocolate milk

A Complete Lunch Includes:

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

Weekly Entrée Salads:

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