



MIDDLE SCHOOL BREAKFAST AND LUNCH MENU NOVEMBER 2021

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

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

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

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

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)
- Fresh Fruit
- 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 Entrée Salads:

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