




# NOVEMBER 2019 BREAKFAST AND LUNCH MENU


HIGH SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2  
 HIGH SCHOOL LUNCH: Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Egg, Ham, & Cheese English Muffin Chicken Biscuit Fruit & Yogurt Parfait <b>1</b>
				<b>Pulled Pork BBQ Sandwich</b> Garden Fresh Roasted Sweet Potatoes Seasoned Pinto Beans Tossed Salad Watermelon
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>4</b>		Turkey Chorizo BreakfastTaco Pancake Sausage Minis Fruit & Yogurt Parfait <b>6</b>	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait <b>7</b>	Egg, Bacon & Cheese English Muffin Sausage & Cheese Kolache Fruit & Yogurt Parfait <b>8</b>
<b>Nachos</b> Seasoned Pinto Beans Tossed Salad Mandarin Oranges	<b>NO SCHOOL</b>	<b>Spaghetti &amp; Meatballs</b> Seasoned Green Beans Tossed Salad Fresh Pineapple Chunks Garlic Roll	<b>Chicken Teriyaki w/ Stir Fried Rice</b> Cran Apple Spinach Salad Zucchini Vegetable Egg Roll Fresh Diced Apples	<b>Hatch Green Chili Tamales</b> Roasted Corn Tossed Salad Fresh Cantaloupe Chunks
French Toast Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>11</b>	Sausage & Cheese Croissant Mini Pancakes Fruit & Yogurt Parfait <b>12</b>	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait <b>13</b>	Egg, Bacon & Cheese English Muffin Ham & Cheese Croissant Fruit & Yogurt Parfait <b>14</b>	Sausage & Cheese Biscuit Pancake Sausage Minis Fruit & Yogurt Parfait <b>15</b>
<b>Make-Your-Own Baked Potato</b> Broccoli Salad Tossed Salad Mixed Fruit Breadsticks	<b>Spicy Pepperjack Chicken Sandwich</b> Broccoli Salad Roasted Potato Wedges Fresh Diced Apples	<b>Lasagna</b> Diced Carrots Tossed Salad Fresh Pineapple Chunks Garlic Roll	<b>Orange Chicken &amp; Lo Mein</b> Steamed Broccoli Tossed Salad Vegetable Egg Roll Mandarin Oranges	<b>Nachos</b> Tossed Salad Whole Kernel Corn Diced Pears
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>18</b>	Spice Muffin Sausage & Cheese Biscuit Fruit & Yogurt Parfait <b>19</b>	Turkey Chorizo BreakfastTaco Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait <b>20</b>	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait <b>21</b>	Sausage & Cheese Croissant Sausage & Cheese Kolache Fruit & Yogurt Parfait <b>22</b>
<b>Steak Fingers</b> Mashed Potatoes w/ Gravy Tossed Salad Mandarin Oranges Wheat Roll	<b>Bacon Cheeseburger</b> Tossed Salad Roasted Potato Wedges Fresh Pineapple Chunks	<b>Chicken Supreme Nachos</b> Seasoned Black Beans Tossed Salad Fresh Mixed Fruit Cornbread	<b>Roasted Turkey</b> Cornbread Dressing & Gravy Mashed Potatoes Seasoned Green Beans Sliced Peaches Cranberry Sauce Pumpkin Muffin 	<b>Fish Sticks</b> <b>Steamed Broccoli</b> Tossed Salad Sliced Peaches Garlic Roll
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>

**Breakfast**  
**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  
 - Assorted fruit bowl  
 - 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  
**Daily Lunch Features**  
 - Hummus & pita bread entrée  
 - Turkey & cheese or turkey, ham & cheese on hoagie (alternates weekly)  
 - Assorted fruit bowl

**Lunch**  
**Fresh Entrée Salads**  
**Monday-** Mandarin Orange Salad  
**Tuesday-** Southwest Chicken Salad  
**Wednesday-** Chef's Salad  
**Thursday-** Cran-apple Salad  
**Friday-** Egg Bacon & Spinach Salad  
*Grilled Chicken Caesar Salad served daily.*

 **HARVEST OF THE MONTH**  
**SWEET POTATOES**  
 - Excellent source of beta-carotene, which is converted into vitamin A in the body.  
 - Vitamin A is important for your eyes and vision. It also helps your skin stay smooth and you body stay healthy.  
 - Good source of potassium which helps maintain normal blood pressure and kidney health.

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