





NOVEMBER 2019 BREAKFAST AND LUNCH MENU

MIDDLE SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2
 MIDDLE 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 1
				Pulled Pork BBQ Sandwich Garden Fresh Roasted Sweet Potatoes Seasoned Pinto Beans Tossed Salad Watermelon
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 4	5	Turkey Chorizo BreakfastTaco Pancake Sausage Minis Fruit & Yogurt Parfait 6	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 7	Egg, Bacon & Cheese English Muffin Sausage & Cheese Kolache Fruit & Yogurt Parfait 8
Nachos Seasoned Pinto Beans Tossed Salad Mandarin Oranges	NO SCHOOL	Spaghetti & Meatballs Seasoned Green Beans Tossed Salad Fresh Pineapple Chunks Garlic Roll	Chicken Teriyaki w/ Stir Fried Rice Cran Apple Spinach Salad Zucchini Vegetable Egg Roll Fresh Diced Apples	Hatch Green Chili Tamales Roasted Corn Tossed Salad Fresh Cantaloupe Chunks
French Toast Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 11	Sausage & Cheese Croissant Mini Pancakes Fruit & Yogurt Parfait 12	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait 13	Egg, Bacon & Cheese English Muffin Ham & Cheese Croissant Fruit & Yogurt Parfait 14	Sausage & Cheese Biscuit Pancake Sausage Minis Fruit & Yogurt Parfait 15
Make-Your-Own Baked Potato Broccoli Salad Tossed Salad Mixed Fruit Breadsticks	Chicken Fajita Tacos Seasoned Pinto Beans Tossed Salad Fresh Diced Apples	Lasagna Diced Carrots Tossed Salad Fresh Pineapple Chunks Garlic Roll	Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Vegetable Egg Roll Mandarin Oranges	Nachos Tossed Salad Whole Kernel Corn Diced Pears
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 18	Spice Muffin Sausage & Cheese Biscuit Fruit & Yogurt Parfait 19	Turkey Chorizo BreakfastTaco Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait 20	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 21	Sausage & Cheese Croissant Sausage & Cheese Kolache Fruit & Yogurt Parfait 22
Steak Fingers Mashed Potatoes w/ Gravy Tossed Salad Mandarin Oranges Wheat Roll	Crunchy Tacos Diced Carrots Tossed Salad Fresh Pineapple Chunks	Chicken Supreme Nachos Seasoned Black Beans Tossed Salad Fresh Mixed Fruit Cornbread	Roasted Turkey Cornbread Dressing Mashed Potatoes & Gravy Seasoned Green Beans Sliced Peaches Cranberry Sauce Pumpkin Muffin 	Fish Sticks Steamed Broccoli Tossed Salad Sliced Peaches Garlic Roll
25	26	27	28	29
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

<p>Breakfast</p> <p>A complete breakfast includes</p> <ul style="list-style-type: none"> - Choice of 1 entrée - 2 fruits OR 1 fruit & juice - 1% white or fat free chocolate milk <p>Daily Breakfast Features</p> <ul style="list-style-type: none"> - Yogurt & Rockin' ola granola - Whole grain cereal - Assorted fruit bowl - 100% fruit juice - 1% white or fat free chocolate milk 	<p>A complete lunch includes</p> <ul style="list-style-type: none"> - Choice of entrée - 2 fruits - 2 vegetables - 1% white or fat free chocolate milk <p>Lunch <u>Fresh Entrée Salads</u></p> <p>Monday- Mandarin Orange Salad Tuesday- Southwest Chicken Salad Wednesday- Chef's Salad Thursday- Cran-apple Salad Friday- Egg Bacon & Spinach Salad</p> <p><i>Grilled Chicken Caesar Salad served daily.</i></p>	<p> HARVEST OF THE MONTH</p> <p>SWEET POTATOES</p> <ul style="list-style-type: none"> - 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 are subject to change without notice due to price and availability of food