



November

2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



01
Scrambled Eggs
w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

02
4 oz. Yogurt w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

03
Assorted Breakfast
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

06
Apple Frudel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

07
Breakfast Pizza
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

08
Ultimate Breakfast
Round (UBR)
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

09
Assorted Breakfast
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School
Veterans' Day


13
Apple Filled
Bosco Stick
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

14
Cheese Omelet
w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

15
Breakfast on a Stick
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

16
Mini
French Toast Sticks
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

17
Assorted Breakfast
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

20
Cherry Frudel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

21
Assorted Breakfast
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School
Thanksgiving Recess


23


24


27
Cinni Mini
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

28
Mini Maple Pancakes
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

29
Scrambled Eggs
w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

30
4 oz. Yogurt w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk



InSeason! Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are now over 600 varieties of oranges worldwide.



Ideal conditions for growing oranges are in sub-tropical areas that have good amounts of sunshine yet moderate to warm temperatures (60°F - 84 °F).

Announcements

Choices Available Daily:

- Assorted Cereal
- Assorted Cereal w/1/2 bagel
- Bagel w/ Cream Cheese
- Smoothies

Milk Choices:

- 1% White, Skim White
- Skim Chocolate, Skim Strawberry (when available)

"USDA is an equal opportunity provider and employer"

Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 17/18 school year!

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Toasty Grilled
Cheese Sandwich
Tomato Soup **01**

Turkey Spedies
Green Beans
Whole Grain Roll **02**

Assorted Classic
Pizzas
Romaine and Spinach
Salad with Tomatoes
and Fresh Cucumbers **03**

Seasoned Chicken
Fajitas on Soft Shell
Fire Roasted
Vegetables
Black Beans and Rice **06**

Hot Ham & Cheese
On a Pretzel Bun
Seasoned Potato
Wedges **07**

Spaghetti w/ Meat
Sauce
Whole Grain Roll
Petite Green Peas **08**

Assorted Classic
Pizzas
Romaine and Spinach
Salad with Tomatoes
and Fresh Cucumbers **09**

No School
Veterans' Day **10**



Crunchy Chicken
Tenders
Whole Grain Roll
Roasted Broccoli
Ranch Potato
Wedges **13**

Loaded Nachos
with Meat & Cheese
Refried Beans
Whole Kernel Corn **14**

Italian Meatball
Sub
Side of Pasta
Green Beans **15**

Thanksgiving Dinner!
Turkey & Gravy
Mashed Potatoes,
Stuffing, Sweet
Potatoes, Peas, Roll,
Apple Crisp **16**

Italian Pepperoni
Roll w/Marinara Sauce
Romaine and Spinach
Salad with Tomatoes
and Fresh Cucumbers **17**

Fluffy Pancakes
Scrambled Eggs
Breakfast Sausage
Orange Roasted
Carrots **20**

Fixed Your Way!
Hot Dog or Cheesy
Dog on Bun
Vegetarian Beans **21**

No School
Thanksgiving Recess **22**



**Happy
Thanksgiving** **23**

24



Crispy Chicken or
Chicken Parmesan
on Roll
Crinkly Sweet Potato
Fries **27**

Meaty Tacos on
Hard or Soft Shell
w/ All the topping
Refried Beans
Golden Corn
Fluffy Rice **28**

Hot Turkey, bacon,
cheese melt
Crispy French Fries **29**

Chicken & Biscuits
Roasted Broccoli
Whole Grain Roll **30**



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Announcements

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two (2)

Milk Choices:

1% White, Skim White
Skim Chocolate, Skim Strawberry
(when available)

Daily Choices:

Crispy Chicken on Roll
Hamburger/Cheeseburger on Bun
Hot Wrap of the Day
Chef/Grilled Chicken Salad
Yogurt Parfait
Yogurt Plate
Menu subject to change without notice.

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