



NOVEMBER

BREAKFAST MENU

2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Diced Pear Cup Orange Juice W/G Pofftiz Pancakes Milk-8 oz.
4 Mixed Fruit Cup 100% Apple Juice W/G Cinnamon Toasters W/G Corn Muffin Milk-8 oz.	5 Fresh Orange Multigrain Cheerios Apple Breakfast Bar Milk-8 oz.	6 Fresh Pear W/G White Bagel with Cream Cheese Milk-8 oz.	7 Diced Pear Cup 100% Fruit Punch W/G Pofftiz Pancakes Milk-8 oz.	8 Peach Applesauce Cup 100% Grape Juice W/G Strawberry Poptart Milk-8 oz.
 VETERANS DAY	12 Peach Applesauce Cup 100% Fruit Punch W/G Corn Flakes Cereal W/G Chocolate Tiger Bite Milk-8 oz.	13 Fresh Pear - W/G Blueberry Bagel w/ Cream Cheese Milk - 8oz	14 Fresh Orange W/G Superdonut Milk-8 oz.	15 Mixed Fruit Cup 100% Apple Juice W/G Croissant with Margarine Milk-8 oz.
18 Fresh Apple W/G Rice Chex Cereal W/G Graham Crackers Milk-8 oz.	19 Applesauce Cup 100% Orange Juice . Multigrain Cheerios W/G Cinnamon Tiger Bites Milk-8 oz.	20 Fresh Pear W/G Cinnamon Poptarts Milk -8oz.	21 Diced Pear Cup 100% Straw-Kiwi Juice W/G Honey Scooters W/G Chat Snax Milk-8 oz.	22 Mandarin Orange Cup 100% Grape Juice W/G Frosted Mini Wheats W/G Blueberry Muffin Milk-8 oz.
				



Breakfast: choice of 1% or fat-free milk; fruit available daily

All pasta, bread and grains on this menu are whole wheat or whole grain

This institution is an equal opportunity provider



NOVEMBER

LUNCH MENU

2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz
4 Crispy Chicken Tenders Seasoned Diced Potatoes Fresh Banana Wheat Dinner Roll Milk-8 oz.	5 Beef Meatloaf w/Ketchup French Fries Wheat Dinner Roll Applesauce Cup Milk - 8oz	6 Cheese Lasagna with Meat Sauce Green Beans Whole Wheat Dinner Roll Fresh Banana Milk -8oz	7 BREAKFAST FOR LUNCH French Toast Sticks Turkey Sausage Links Fresh Baby Carrots w/ Dip Mixed Fruit Cup Milk - 8oz	8 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz
 VETERANS DAY	12 Beef Nachos w/ Cheddar Cheese Sauce Fresh Baby Carrots w/Dip Fresh Banana Milk-8oz.	13 All Beef Hamburger on a Whole Wheat Bun Diced Carrots Fresh Banana Milk 8oz	14 Meatball Sub Fresh Baby Carrots w/ Dip Fresh Pear Milk-8 oz.	15 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz
18 Spaghetti & Beef Meatballs w/ Sauce Mixed Vegetables Diced Pear Cup Whole Grain Bread Milk-8 oz.	19 BBQ Beef Riblet Wheat Hamburger Bun French Fries Fresh Apple Milk - 8oz	20 Turkey & Cheese Sub Fresh Baby Carrots w/ Dip Diced Pear Cup Milk - 8oz	21 Chicken Meatballs w/ Tomato Sauce French Fries Fresh Apple Whole Grain Bread Milk-8 oz.	22 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz
				

Lunch choice of 1% or fat-free milk; fruit available daily

All pasta, bread and grains on this menu are whole wheat or whole grain

This institution is an equal opportunity provider



NOVEMBER HIGH SCHOOL LUNCH MENU

2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALTERNATIVE MENU OPTIONS AVAILABLE ON A DAILY BASIS MONDAY-THURSDAY</p> <p>Chicken Fingers</p> <p>Romaine Salad w/Grilled Chicken & Dressing</p>				<p>1</p> <p>W/G Dominos Pizza</p> <p>Romaine Salad w/ Dressing</p> <p>Fresh Orange</p> <p>Milk - 8oz</p>
<p>4</p> <p>Crispy Chicken Tenders</p> <p>Seasoned Diced Potatoes</p> <p>Fresh Banana</p> <p>Wheat Dinner Roll</p> <p>Milk-8 oz.</p>	<p>5</p> <p>Beef Meatloaf w/Ketchup</p> <p>French Fries</p> <p>Wheat Dinner Roll</p> <p>Applesauce Cup</p> <p>Milk - 8oz</p>	<p>6</p> <p>Cheese Lasagna with Meat Sauce</p> <p>Green Beans</p> <p>Whole Wheat Dinner Roll</p> <p>Fresh Banana</p> <p>Milk -8oz</p>	<p>7</p> <p>BREAKFAST FOR LUNCH</p> <p>French Toast Sticks</p> <p>Turkey Sausage Links</p> <p>Fresh Baby Carrots w/ Dip</p> <p>Mixed Fruit Cup</p> <p>Milk - 8oz</p>	<p>8</p> <p>W/G Dominos Pizza</p> <p>Romaine Salad w/ Dressing</p> <p>Fresh Orange</p> <p>Milk - 8oz</p>
	<p>12</p> <p>Beef Nachos</p> <p>w/ Cheddar Cheese Sauce</p> <p>Fresh Baby Carrots w/Dip</p> <p>Fresh Banana</p> <p>Milk-8oz.</p>	<p>13</p> <p>All Beef Hamburger on a Whole Wheat Bun</p> <p>Diced Carrots</p> <p>Fresh Banana</p> <p>Milk 8oz</p>	<p>14</p> <p>Meatball Sub</p> <p>Fresh Baby Carrots w/ Dip</p> <p>Fresh Pear</p> <p>Milk-8 oz.</p>	<p>15</p> <p>W/G Dominos Pizza</p> <p>Romaine Salad w/ Dressing</p> <p>Fresh Orange</p> <p>Milk - 8oz</p>
<p>18</p> <p>Spaghetti & Beef Meatballs w/ Sauce</p> <p>Mixed Vegetables</p> <p>Diced Pear Cup</p> <p>Whole Grain Bread</p> <p>Milk-8 oz.</p>	<p>19</p> <p>BBQ Beef Riblet</p> <p>Wheat Hamburger Bun</p> <p>French Fries</p> <p>Fresh Apple</p> <p>Milk - 8oz</p>	<p>20</p> <p>Turkey & Cheese Sub</p> <p>Fresh Baby Carrots w/ Dip</p> <p>Diced Pear Cup</p> <p>Milk - 8oz</p>	<p>21</p> <p>Chicken Meatballs w/ Tomato Sauce</p> <p>French Fries</p> <p>Fresh Apple</p> <p>Whole Grain Bread</p> <p>Milk-8 oz.</p>	<p>22</p> <p>W/G Dominos Pizza</p> <p>Romaine Salad w/ Dressing</p> <p>Fresh Orange</p> <p>Milk - 8oz</p>
				

Lunch choice of 1% or fat-free milk; fruit available daily

All pasta, bread and grains on this menu are whole wheat or whole grain

This institution is an equal opportunity provider