




November Lunch



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|  | | | <h1>November Lunch</h1> | | |  | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
| <p>This institution is an equal opportunity provider.</p> <p>*Indicates menu items not allowed for Pre-K students</p> | | | | 31 BBQ on a bun, ** multigrain chips, **coleslaw, savory green beans, orange smiles, **grain based dessert, milk variety | 1 Pizza choice, **garden salad, carrots, apple slices, milk variety | 2 | | |
| 3 | 4 Steak fingers, gravy, potatoes, **tomato cup, strawberries & bananas, roll, milk variety | 5 No School! | 6 Boneless chicken wings, **multigrain chips, celery sticks, carrots, peaches, **pudding, milk variety | 7 Mexican combo plate, **beans, corn, **salsa, lettuce & tomato garnish, fresh seasonal fruit, milk variety | 8 Popcorn chicken, **roll, vegetable medley, **potatoes, pears, **grain based dessert, milk variety | 9 | | |
| 10 | 11 No school! Teacher Work Day | 12 Corn dog, tater tots, **baked beans, apple-pineapple d'lite, milk variety | 13 Grilled chicken sandwich, oven fries, **hamburger garnish, **fresh veggie cup, fruity gelatin, milk variety | 14 Thanksgiving: Turkey & dressing (PK-5 th : or chicken nuggets), green beans, gravy, roll, mashed potatoes, fruit, cup, milk variety | 15 Pizza choice, **carrots, garden salad, fresh seasonal fruit, **grain based dessert, milk variety | 16 | | |
| 17 | 18 Texas basket, **zesty cucumbers, strawberries, milk variety | 19 Tex-Mex Stack, **Spanish rice, beans, **carrots, **salsa, **lettuce and tomato garnish, hot cinnamon apples, **sherbet cup, milk variety | 20 Cheesy breadsticks, **Tuscan vegetables, garden salad, marinara sauce, peaches, **grain based dessert, milk variety | 21 Ranchero wrap, **corn, **fresh veggie cup, snowball salad, milk variety | 22 "Eagle" Chicken bowl, savory green beans, **roll, fresh apple slices, milk variety | 23 | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
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November Breakfast



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|----------|
| *1% low-fat white milk is provided to Pre-K on a daily basis *Additional fruit or juice is offered to students in grades 9-12 daily * Animal crackers, Pre-K only ** Indicates items are not available for Pre-K *** indicates item is offered to students 9-12 | | | This institution is an equal opportunity provider. *Indicates menu items not allowed for Pre-K students | Cheesy Toast, Sausage, or *cereal bar with yogurt, fruit juice, fruit, milk variety | 1 Eagle breakfast or cereal variety with toast, fruit juice, fruit, milk variety | 2 |
| 3 | 4 Sausage biscuit or cereal variety with toast, fruit juice, fruit, milk variety | 5 No School! | 6 Chicken & waffles or muffin with yogurt, fruit juice, fruit, milk variety | 7 Pancake with sausage or *cereal bar with yogurt, fruit juice, fruit, milk variety | 8 French toast with bacon or cereal variety with toast,, fruit juice, fruit, milk variety | 9 |
| 10 | 11 No school! Teacher Work Day | 12 French Toast with sausage or *cereal bar with yogurt, fruit juice, fruit, milk variety | 13 Power breakfast — biscuit, gravy, scrambled eggs with bacon or muffin with yogurt, fruit juice, fruit, milk variety | 14 Pancake wrap Sausage kolache with yogurt or PBJ, fruit juice, fruit, milk variety | 15 Cinnamon roll with sausage or muffin with yogurt, fruit juice, fruit, milk variety | 16 |
| 17 | 18 Pancakes with bacon or muffins with yogurt, fruit juice, fruit, milk variety | 19 Sunrise sandwich or *cereal bar with yogurt, fruit juice, fruit, milk variety | 20 Chicken-n-biscuit, or *breakfast parfait or banana split, fruit juice, fruit, milk variety | 21 Oatmeal with cinnamon toast, PBJ, fruit juice, fruit, milk variety | 22 Breakfast burrito with hash browns or muffin with yogurt, fruit juice, fruit, milk variety | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
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