

November 2019

Type Your School Name Here

Breakfast



School Information: Type your school information here.



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Tuesday

Wednesday

Thursday

Friday



BREAKFAST MUFFIN 1
YOGURT CUP
MIXED FRUIT
JUICE
MILK

CINNAMON ROLL 4
APPLESAUCE
JUICE MILK

BLUEBERRY/VANILLA PANCAKES 5
MANDARIN ORANGES
JUICE
MILK

HAM/CHEESE OMELETTE 6
BISCUIT & JELLY
PEACHES
JUICE
MILK

BACON/EGG/CHEESE BISCUIT 7
FRESH GRAPES
JUICE
MILK

BISCUIT/SAUSAGE & EGG PATTY 8
BANANA
JUICE
MILK

CHEESE TOAST 11
APPLE SLICES
JUICE
MILK

BREAKFAST BURRITO 12
MIXED FRUIT
JUICE
MILK

COMBO BAR 13
BISCUIT & JELLY
APPLESAUCE
JUICE
MILK

PANCAKE ON A STICK 14
BANANA
JUICE
MILK

SCRAMBLED EGGS 15
LITTLE SMOKIES
TOAST & JELLY
PEACHES
JUICE
MILK

MINI PANCAKES 18
SAUSAGE PATTY
FRESH GRAPES
JUICE
MILK

CINNAMON ROLL 19
YOGURT CUP
PEARS
JUICE
MILK

FROSTED MINI WHEATS 20
APPLE SLICES
JUICE
MILK

BISCUIT/HAM & EGG PATTY 21
BANANA
JUICE
MILK

BISCUIT W/ SAUSAGE GRUBS 22
PINEAPPLE TIDBITS
JUICE
MILK

THANKSGIVING BREAK 25

THANKSGIVING BREAK 26

THANKSGIVING BREAK 27

THANKSGIVING BREAK 28

THANKSGIVING BREAK 29

November 2019

Type Your School Name Here

LUNCH



School Information: All meals include a choice of non-fat or 1% milk.

This institution is an equal opportunity provider.



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

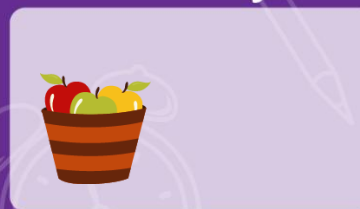
Monday

Tuesday

Wednesday

Thursday

Friday



HAMBURGER **1**
LEAFY LETTUCE & TOMATO
BAKED FRENCH FRIES
FRESH GRAPES
MILK

TACO SOUP **4**
TORTILLA CHIPS
BABY CARROTS
PEARS
MILK

TUNA SANDWICH **5**
LEAFY LETTUCE & TOMATO
DORITOS
RICE CRISPY TREAT
APPLE SLICES
MILK

CHICKEN QUESADILLA **6**
RANCH BEANS
HOMINY
PEACHES
MILK

PIZZA **7**
MIXED SALAD W/ SPINACH
CORN
CINNAMON APPLES
MILK

STEAK SANDWICH **8**
LEAFY LETTUCE & TOMATO
POTATO WEDGES
APPLE SLICES
COOKIE
MILK

CHICKEN FRIED STEAK **11**
MASHED POTATOES/GRAVY
CORN
DINNER ROLL
DESSERT
MILK

MEATBALL SUB **12**
MIXED SALAD W/ SPINACH
ITALIAN GREEN BEANS
PEARS
MILK

CHICKEN WRAP **13**
LEAFY LETTUCE & TOMATO
RANCH STYLE BEANS
APPLESAUCE
MILK

CHICKEN & NOODLES **14**
PEAS & CARROTTS
HOT ROLL
PEACHES
MILK

FISH SANDWICH **15**
LEAFY LETTUCE
SWEET PEAS
APPLE SLICES
MILK

FISH STICKS **18**
BAKED FRENCH FRIES
GREEN BEANS
MADARIN ORANGES
MILK

SLOPPY JOES **19**
BAKED FRENCH FRIES
BABY CARROTS
PEACHES
MILK

CORN DOG **20**
DORITOS
COOKIE
APPLE SLICES
MILK

CREAMED TURKEY **21**
MASHED POTATOES/GRAVY
DRESSING
GREEN BEANS
HOT ROLL - DESSERT
DESSERT - MILK

UNCRUSTABLES **22**
POTATO CHIPS
PUDDING CUPS
RICE CRISPY TREAT
APPLE SLICES
MILK

NO SCHOOL **25**

NO SCHOOL **26**

NO SCHOOL **27**

NO SCHOOL **28**

NO SCHOOL **29**

November 2019

Type Your School Name Here



School Information: All meals include a choice of non-fat or 1% milk.

This institution is an equal opportunity provider.



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

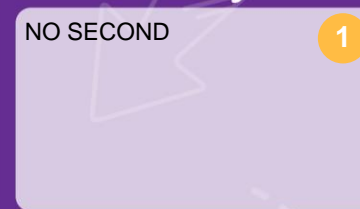
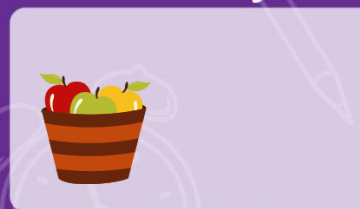
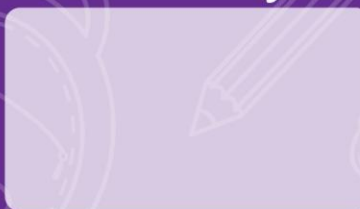
Monday

Tuesday

Wednesday

Thursday

Friday



CATFISH FILET 4

SALISBURY STEAK PATT 5

BBQ RIB PATTY 6

CORN DOG 7

NO SECOND 8

NO SECOND 11

BURRITO 12

STEAK PATTY 13

CHICKEN PATTY 14

NO SECOND 15

PB&J 18

CORN DOG 19

NO SECOND 20

NO SECOND 21

NO SECOND 22

THANKSGIVING BREAK 25

THANKSGIVING BREAK 26

THANKSGIVING BREAK 27

THANKSGIVING BREAK 28

THANKSGIVING BREAK 29