




November lunch menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Daily options*</p> <p>PB&J 1 pc=28g</p> <p>Entrée Salad 1 cup =1g (without mix ins)</p>		<p>Chicken Nuggets ¹</p> <p>4 nugs=9g</p> <p>Fries 3oz=20g</p> <p>Jr: Hamburger 27g</p>	<p>Hamburger 27g ²</p> <p>Chips 15g</p> <p>Jr: chicken&cheese Tortilla 2.75oz= 40g</p>	<p>Corndog 1pc=18g ³</p> <p>Peas 4oz=16g</p> <p>Jr: Chicken Sandwich 1pc=30g</p>	<p>PIZZA 1pc=21g ⁴</p> <p>Peaches 4 oz=14g</p> <p>Cookie 1pc=13g</p>	<p>⁵</p> <p>*Items may change due to availability*</p>
<p>⁶</p>	<p>Pasta choice of sauce ⁷</p> <p>Meaty spaghetti:26g</p> <p>Chicken Alfredo 18g</p> <p>Jr: Corndogs 1pc=18g</p>	<p>Turkey wrap 30 g ⁸</p> <p>Chips 15 g</p> <p>Jr: Chili dog 1pc=33g</p>	<p>Chili 4oz=30 g ⁹</p> <p>Cornbread 1pc=15 g</p> <p>Jr Chili fries 43 g</p>	<p>Chicken noodle ¹⁰</p> <p>Soup 4oz=7g</p> <p>Jr Ham&Cheese Hot Pocket 1pc=37g</p>	<p>PIZZA 1pc=21g ¹¹</p> <p>Pears 4 oz=15g</p> <p>Cookie 1pc=13g</p>	<p>¹²</p>
<p>¹³</p>	<p>Sloppy Joe 26 g ¹⁴</p> <p>Chips 15 g</p> <p>Mixed veggies 4oz=10g</p> <p>Jr: Hamburger 1pc=27g</p>	<p>Corndog 1pc=18g ¹⁵</p> <p>Peas 4oz=16g</p> <p>Jr: Chicken Sandwich 1pc=30g</p>	<p>Chicken Nuggets ¹⁶</p> <p>4 nugs=9g</p> <p>Mixed veggies 4oz=10g</p> <p>Jr: Hamburger 27g</p>	<p>Breakfast for Lunch: ¹⁷</p> <p>Pancake 2x mini cakes=15g</p> <p>Sausage patty 1.5 oz = 1 g</p> <p>Hashbrown patty 3oz=12g</p> <p>Jr Lunch Corndogs 1pc= 18g</p>	<p>PIZZA 1pc=21g ¹⁸</p> <p>Mandarin orange 4 oz=14g</p> <p>Cookie 1pc=13g</p>	<p>¹⁹</p>
<p>²⁰</p>	<p>Sweet & Sour ²¹</p> <p>Chicken 20 g</p> <p>Brown rice 4oz=17g</p> <p>Jr 2x egg rolls 2pc=40g</p>	<p>Slice of ham 3oz=5g ²²</p> <p>Green beans 4oz=7g</p> <p>Mashed potatoes 4oz=15g</p> <p>Brown gravy 2oz=3g</p> <p>Dinner roll 1pc=14g</p>	<p>Happy ²³</p> <p>Thanksgiving</p> <p>NO SCHOOL</p>	 <p>²⁴</p> <p>NO SCHOOL</p>	<p>Happy ²⁵</p> <p>Thanksgiving</p> <p>NO SCHOOL</p>	<p>²⁶</p>
<p>²⁷</p>	<p>Corndog 1pc=18g ²⁸</p> <p>Peas 4oz=16g</p> <p>Jr: Chicken Sandwich 1pc=30g</p>	<p>Hamburger 1pc=27 g ²⁹</p> <p>Fries 3oz=20g</p> <p>Jr Hot dog 21 g</p>	<p>Chicken Nuggets ³⁰</p> <p>4 nugs=9g</p> <p>Fries 3oz=20g</p> <p>Jr: Hamburger 27g</p>			

November Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Blueberry Bash Waffles	2 Mini Bagel	3 Pancake	4 Mini Cinnamon Roll	5 <i>*Items may change due to availability*</i>
6	7 Apple Frudel	8 Mini Bagel	9 Mini Cinnamon Roll	10 Hashbrown & Sausage	11 Pancake	12
13	14 Blueberry Bash Waffles	15 Mini Cinnamon Roll	16 Mini Bagel	17 Pancake	18 Muffin	19
20	21 Hashbrown & Sausage	22 Blueberry Bash Waffles	23 Happy Thanksgiving NO SCHOOL	24  NO SCHOOL	25 Happy Thanksgiving NO SCHOOL	26
27	28 Mini Bagel	29 Mini Cinnamon Roll	30 Pancake			