

 **BREAKFAST**

MENU SUBJECT TO CHANGE

SERVED DAILY: 1% White or FF Flavored Milk / 100% Apple or Orange Juice

**NOVEMBER 2021
CARDINAL CAFÉ****PK-12 – FREE
ADULT & 2ND MEALS-- \$2.75****Monday****Tuesday****Wednesday****Thursday****Friday****NO SCHOOL**TEACHER
PREPARATION
DAY**BREAKFAST PIZZA****(OR)****CEREAL W/ TOAST**Chilled Mixed Fruit
Jelly**MINI BAGELS****(OR)****CEREAL W/ TOAST**

Chilled Peaches / Jelly

FRENCH TOAST w/ svrup**(OR)****CEREAL & TOAST**Chilled Pineapple
Jelly**EGGSTRAVAGANZA****w/ BISCUIT****(OR)****CEREAL & POP-TART**

Chilled Pears

MINI WAFFLES w/ svrup**(OR)****CEREAL & POP-TART**

Chilled Applesauce

BREAKFAST PIZZA**(OR)****CEREAL W/ TOAST**Chilled Mixed Fruit
Jelly**SAUSAGE, EGG, BISCUIT****(OR)****CEREAL W/ TOAST**

Chilled Peaches / Jelly

OATMEAL & TOAST**(OR)****CEREAL & POP-TART**Chilled Pineapple
Jelly**GLAZED DONUT****(OR)****CEREAL & TOAST**Chilled Pears
Jelly**MINI BAGELS****(OR)****CEREAL & POP-TART**

Chilled Applesauce

BREAKFAST PIZZA**(OR)****CEREAL W/ TOAST**Chilled Mixed Fruit
Jelly**PANCAKE on a STICK w/ svrup****(OR)****CEREAL & TOAST**Chilled Peaches
Jelly**FRENCH TOAST w/ svrup****(OR)****CEREAL & TOAST**Chilled Pineapple
Jelly**EGGSTRAVAGANZA****w/ BISCUIT****(OR)****CEREAL & POP-TART**

Chilled Pears

THANKSGIVING**HOLIDAYS****MINI WAFFLES w/ svrup****(OR)****CEREAL & POP-TART**

Chilled Applesauce

BREAKFAST PIZZA**(OR)****CEREAL W/ TOAST**Chilled Mixed Fruit
Jelly**HAPPY
THANKSGIVING**

Healthy meals will be offered every school day to all students at no cost. Typically, a student's household must meet income eligibility requirements to qualify for free or reduced-price meals. However, the United States Department of Agriculture (USDA) issued guidance that allows schools to offer meals to all students at no cost for the 2021-2022 school year. Each school/site or central office has a copy of the policy, which may be reviewed upon request. While no application or eligibility determination process is required for your student to receive free meals this school year, the income eligibility requirement will likely resume in the 2022-2023 school year.

This institution is an equal opportunity provider.



NOVEMBER 2021 CARDINAL CAFÉ

PK-12 – FREE

MENU SUBJECT TO CHANGE

SERVED DAILY – 1% White or Flavored Milk / Fresh Fruit

ADULT MEALS & 2nd MEALS -- \$4.00

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

TEACHER
PREPARATION
DAY

SALAD: CHEF w/ HAM

POPCORN CHICKEN
Mashed Potatoes w/ gravy
Black Eye Peas
Roll / Mixed Fruit

H.S. STEAK FINGERS / Cookie

SALAD: CHEF w/ HAM

MEATLOAF
Mashed Potatoes w/ gravy
Glazed Carrots
Biscuit / Mixed Fruit

H.S. CHICKEN STRIP / Cookie

F.L.: BURRITO w/ Sun Chips

SOFT CHICKEN TACOS (2)
Pinto Beans / Spanish Rice
Lettuce & Tomato
Chilled Peaches

H.S. SOFT BEEFY TACO (2)

F.L.: GRILLED CHEESE w/ Chips

BURRITO
Mixed Vegetables
Refried Beans
Chilled Peaches

H.S. BBQ PORK on bun

F.L.: BURRITO w/ Sun Chips

BEEFY NACHOS w/ CHIPS
Pinto Beans
Steamed Broccoli
Chilled Peaches

H.S. – CHICKEN NACHOS

SALAD: NO MEAT

PIZZA
(PEPPERONI OR CHEESE)
Corn / Green Beans
Side Salad / Pineapple

H.S. SPECIALTY PIZZA / Peach Crisp

SALAD: NO MEAT

CORNDOG
Corn / Broccoli
Pineapple

H.S. HOT DOG -/ Apple Crisp

SALAD: NO MEAT

PIZZA
(PEPPERONI OR CHEESE)
Corn / Green Beans
Side Salad / Pineapple

H.S. SPECIALTY PIZZA / Peach Crisp

F.L. – CORNDOG w/ Sun Chips

CHICKEN SPAGHETTI
Peas / Carrots
Garlic Stick
Chilled Pears

H.S. – MEATBALL SUB

TURKEY AND DRESSING
GREEN BEANS
SWEET POTATO CASSAROLE
ROLL
FRUIT SALAD
CRANBERRY SAUCE

F.L.: GRILLED CHEESE

BAKED POTATO
Diced Ham / Cheese Cup /Butter
Sour Cream / Carrots
Roll / Chilled Pears

H.S. BBQ PORK

[SALAD: GRILLED CHICKEN

BBO PULLED PORK on bun
Cole Slaw
Baked Beans
Chilled Applesauce

H.S. CHICKEN on a bun / Cookie

[SALAD: GRILLED CHICKEN

SLOPPY JOE
Glazed Carrots
Pork & Beans
Chilled Applesauce

H.S. Chicken on bun / Cookie

[SALAD: GRILLED CHICKEN

HAMBURGER on Bun
Chips / Deli Salad
Baked Beans
Chilled Applesauce

H.S. Spicy Chicken on bun

THANKSGIVING

HOLIDAYS

SALAD: CHEF w/ HAM

STEAK FINGERS
Mashed Potatoes w/ gravy
Black Eye Peas
Roll / Mixed Fruit

H.S. SALISBURY STEAK / Cookie

F.L.: CHICKEN NUGGETS w Chips

TATER TOT CASSAROLE
Veg. Blend
Side Salad
Chilled Peaches

H.S. BURRITO w/ Cheese Sauce



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