

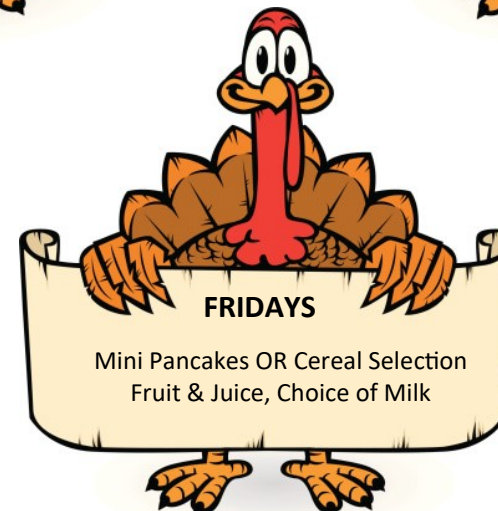
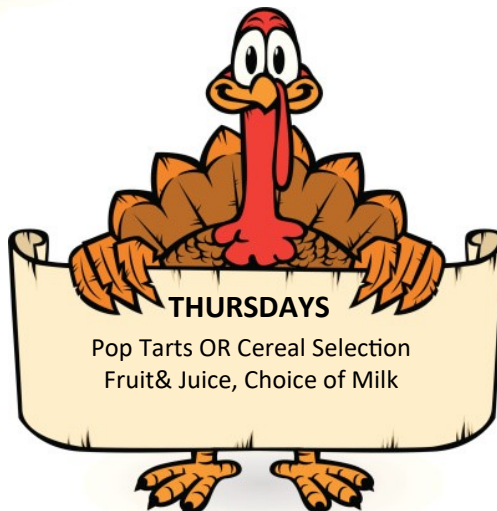
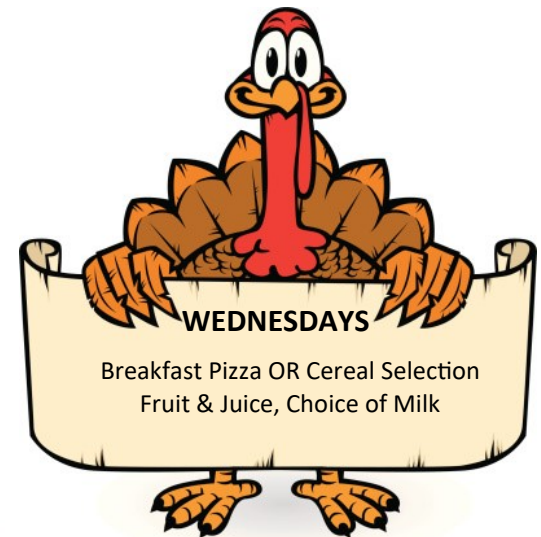
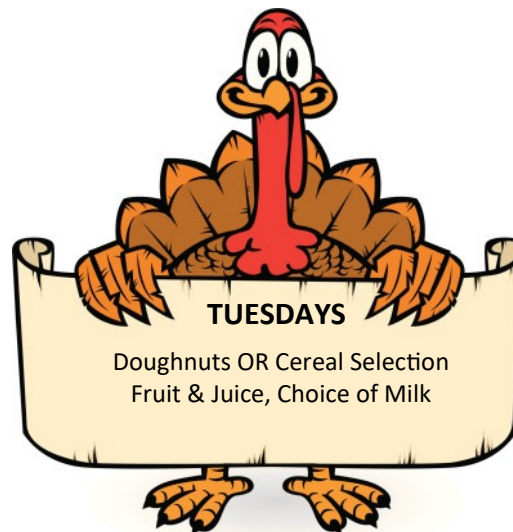
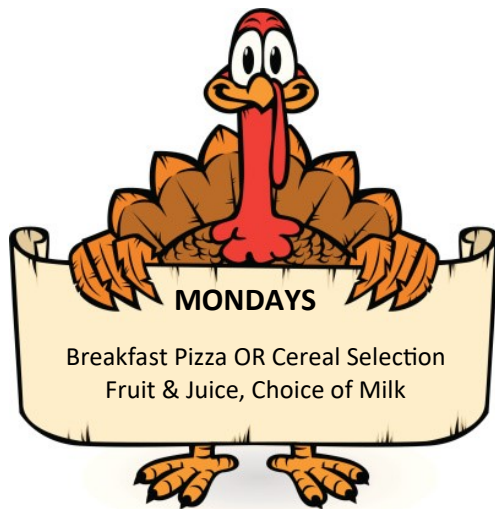


November Breakfast Menus

This institution is an equal opportunity provider.
Menus are subject to change.



Gobble up! Students are served their first complete breakfast for FREE!
Extras are available for purchase at a reasonable cost.





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Wednesday, November 3

Beefy Cheese Nachos
Sour Cream & Salsa
Mexican Corn
Assorted Fruits
Choice of Milk



*Don't forget to change
your clocks!*



Fall back one hour on
Sunday, November 7th!

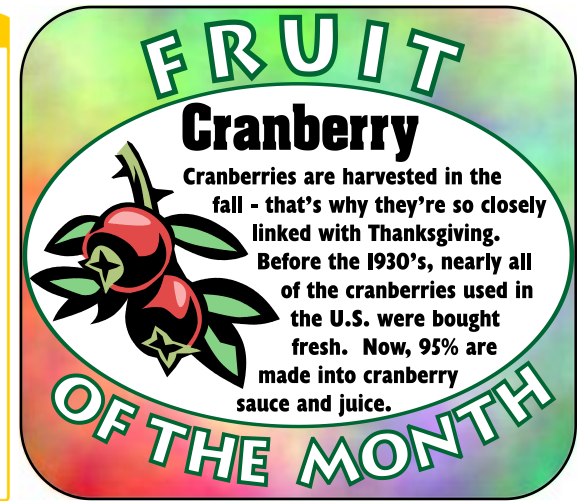
Monday, November 1

Pizza
French Fries
Raw Veggies & Dip
Assorted Fruits
Choice of Milk



Tuesday, November 2

Grilled Cheese
Chicken Noodle Soup
French Fries
Assorted Fruits
Choice of Milk



Thursday, November 4

Cheeseburger
Lettuce, Tomatoes & Pickles
French Fries
Assorted Fruits
Choice of Milk



Friday, November 5

Hot Dog
Potato Tots
Coleslaw
Baked Beans
Assorted Fruits
Choice of Milk

Monday, November 8

Chicken Fingers & Roll
Creamed Potatoes & Gravy
Farm Fresh Vegetables
Assorted Fruits
Choice of Milk

Tuesday, November 9

Chicken Alfredo & Roll
Vegetable Soup
Assorted Fruits
Choice of Milk



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NUTS.

White-tailed deer live in most of the U.S., and if they're in your neck of the woods, you know that they'll eat just about anything! But they have one particular favorite food: **ACORNS**. These nuts from oak trees provide deer with a perfect package of protein, carbohydrates, calories, and fiber. Deer like them so much that acorns can make up 75% of everything they eat in fall and early winter!

ANIMAL APPETITES

Wednesday, November 10

BBQ Pork Sandwich
French Fries
Coleslaw
Baked Beans
Assorted Fruits
Choice of Milk

Thursday, November 11

Staff Work Day
NO SCHOOL FOR STUDENTS



Veteran's Day

Friday November 12

HOLIDAY
NO SCHOOL TODAY



Wanna Talk Turkey?

Our hotdogs are made from a healthy mixture of turkey and chicken! Top it with slaw to get in a serving of vegetables. Of course there are other popular toppings, too, like chili, cheese, onions, pickle relish, mustard and ketchup. Want a **REALLY HOT** hotdog? Add jalapenos!



Monday, November 15

Salisbury Steak & Roll
Mashed Potatoes & Gravy
Steamed Broccoli
Assorted Fruits
Choice of Milk

Tuesday, November 16

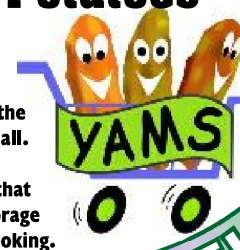
Chicken & Rice
Blackeye Peas
Assorted Fruits
Cinnamon Roll
Choice of Milk

VEGETABLE

Sweet Potatoes

Often called "yams" (although they're not really the same thing), sweet potatoes are among the most nutritious veggies of all.

They have a natural, delightful sweetness that increases with storage and with cooking.



OF THE MONTH

Wednesday, November 17

Hot Dog
Coleslaw
French Fries
Assorted Fruits
Choice of Milk

We are THANKFUL!

We are very thankful for the lunchroom staff at each school. They work very hard preparing & serving meals each day. During these unprecedented times, they have stepped up to the plate & taken on the challenge of new ways to feed the crowds! We are also grateful for YOU! Every time you eat a school meal, you are helping serve up great nutrition. We appreciate your support!



Thursday, November 18

HOLIDAY MEAL
Baked Turkey & Roll
Cornbread Dressing & Gravy
Green Beans
Glazed Baby Carrots
Assorted Fruits
Holiday Dessert
Choice of Milk

Friday, November 19

Manager's Selection



Happy Thanksgiving!

Have a safe and happy
Thanksgiving break!

No school November 22nd-26th!



Monday, November 29

Chicken Fingers & Roll
Mashed Potatoes & Gravy
Farm Fresh Vegetables
Assorted Fruits
Choice of Milk

Tuesday, November 30

Pizza
Steamed Corn
Green Beans
Assorted Fruits
Choice of Milk

