

## Gilboa – Conesville Central School Menu November 2020

<b>NOV. 2 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- BBQ Chicken Wrap Herbed Brown Rice Broccoli Fresh Fruit Milk	<b>NOV. 3 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Hot Dog on a Bun Baked Beans Herbed Rotini Fresh Fruit Milk	<b>NOV. 4 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Bagel w/ Ham and Cheese Baked Beans Tossed Salad Fresh Fruit Milk	<b>NOV. 5 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Chicken Parmesan w/ Sauce Herbed Rotini Tossed Salad Fresh Fruit Milk	<b>NOV. 6 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Cheese Pizza Tossed Salad Fresh Fruit Milk
<b>NOV. 9 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Hamburger on a Bun French Fries Cooked Carrots Fresh Fruit Milk	<b>NOV. 10 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Walking Taco w/ Toppings (Taco Meat, Chips, Lettuce, Tomato, Cheese, Sour Cream) Fresh Fruit Milk	NO SCHOOL  VETERANS DAY	<b>NOV. 12 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Pasta w/ Meatballs Tossed Salad Dinner Roll Fresh Fruit Milk	<b>NOV. 13 BREAKFAST</b> <b>GRAB N GO</b>  Lunch-  Cheese Pizza Tossed Salad Fresh Fruit Milk
<b>NOV. 16 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- BBQ Pork Rib Patty Herbed Rotini Green Beans Fresh Fruit Milk	<b>NOV. 17 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Hot Dog on a Bun Baked Beans French Fries Fresh Fruit Milk	<b>NOV. 18 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Chicken Fajita Herbed Brown Rice Peppers and Onions Fresh Fruit Milk	<b>NOV. 19 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Thanksgiving Dinner Turkey Gravy w/ Mashed Potatoes Stuffing Peas Chilled Fruit/ Cranberry Sauce Milk	<b>NOV. 20 BREAKFAST</b> <b>GRAB N GO</b>  Lunch-  Cheese Pizza Chicken Noodle Soup Tossed Salad Fresh Fruit Milk
<b>NOV. 23 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Sweet and Sour Chicken Herbed Brown Rice Green Beans Fresh Fruit Milk	<b>NOV. 24 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Nachos w/ Diced Chicken Toppings (Lettuce, Cheese, Tomatoes and Sour Cream) Black Bean and Corn Salad Fresh Fruit Milk	NO SCHOOL	THANKSGIVING	NO SCHOOL
<b>NOV. 30 BREAKFAST</b> <b>GRAB N GO</b>  Lunch- Fish Sticks Herbed Brown Rice Carrots Fresh Fruit Milk		<b>Sandwiches</b> Monday-Tuna Fish Sandwich Tuesday-Turkey & Cheese Wednesday-Bologna Thursday- Egg Salad Friday- Peanut Butter and Jelly		



State law requires that students must choose at least three of four components for a reimbursable breakfast, and three of the five components for lunch. One of the components must be 1/2c vegetable, 1/2c fruit, 1/2c fruit juice or fresh fruit for a reimbursable meal. If the meal does not meet the requirements a la carte prices are charged

**PRE K-12 BREAKFAST- \$1.65, PRE K -3 LUNCH - \$2.35, 4-12 LUNCH- \$2.60 MILK-\$. 50**  
**Additional Lunch may be purchased with cash or money from your lunch account at \$2.20 per lunch**

This institution is an equal opportunity provider and employer