

# November 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
1  <b>Breakfast- Choice of Skim or 1% milk</b> <b>Lunch- Choice of Skim, 1% , Skim Chocolate milk</b>	2  French toast, Sausage or Cereal, Fruit  Hamburger, Bun, French fries, Mixed lettuce, Pasta salad, Broccoli, Cucumbers, Tomato, Peaches, Strawberries	3  Egg patty, Toast, Cereal, Fruit, Juice  Chicken nuggets, Corn, Mixed lettuce, Spinach salad, Carrots, Celery, Cauliflower, Apple slices	4  Hot Cereal, Toast, Fruit, Yogurt  Turkey wrap, Baked beans, Mixed lettuce, Pea salad, Carrots, Celery, Peppers, Applesauce, Peaches	5  Pancake on a stick, Cereal, Fruit  Hot Ham & Cheese/Bun, Broccoli, Mixed lettuce, Cabbage salad, Carrots, Cucumbers, Peppers, Mandarin oranges, Mixed fruit	6  Donut, Cereal, Fruit, Yogurt  Sausage pizza, Green beans, Mixed lettuce, Cottage cheese, Carrots, Peas, Broccoli, Applesauce, Pineapple	7
8	9  <b>NO SCHOOL</b>	10  Bagels w/Cream cheese, Cereal, Fruit  Chicken Fajita/Tortilla, Italian blend vegetables, Mixed lettuce, Cabbage salad, Carrots, Peppers, Celery, Mandarin oranges, Pineapple	11  Pancakes & Sausage or Cereal, Fruit, Juice  Goulash, Garlic bread, Mixed lettuce, Spinach salad, Carrots, Broccoli, Peas, Applesauce, Pears	12  Toast, Cereal, Fruit, Yogurt parfaits  Chicken Drumsticks, Broccoli, B/B, Mixed lettuce, Caesar salad, Carrots, Cauliflower, Cucumbers, Peaches, Pineapple	13  Cinnamon roll, Cereal, Fruit  Garlic Cheesebread, Green beans, Mixed lettuce, Broccoli salad, Carrots, Celery, Peppers, Strawberries, Apricots, Raisins	14
15	16  Scrambled eggs, Toast, Cereal, Fruit  BBQ Chicken/Bun, Carrots, Mixed lettuce, Apple salad, Cauliflower, Broccoli, Peppers, Pears, Mandarin oranges	17  Waffles, Sausage or Cereal, Fruit, Juice  Mini Corn dogs, Mixed Vegetables, Mixed lettuce, Caesar salad, Carrots, Cauliflower, Celery, Applesauce, Peaches	18  Hot Cereal, Toast, Fruit, Yogurt  Pizza soup, Ham sandwich, Mixed lettuce, Spinach salad, Carrots, Broccoli, Garbanzo beans, Pears, Mixed fruit	19  Coffecake, Cereal, Fruit, Yogurt  Chicken Alfredo, Broccoli, Breadsticks, Mixed lettuce, Pea salad, Cauliflower, Peppers, Tomato, Peaches, Pineapple	20  Breakfast pizza, Cereal, Fruit, Juice  Pepperoni pizza, Peas & Carrots, Mixed lettuce, Caesar salad, Carrots, Celery, Cucumbers, Orange slices	21
22	23  Toast, Cereal, Fruit, Yogurt parfaits  Teriyaki Chicken/Rice, Mixed vegetables, Mixed lettuce, Cabbage salad, Carrots, Peas, Cauliflower, Pears, Strawberries	24  Biscuits & Gravy or Cereal, Fruit  Maid-rite/Bun, Green beans, Mixed lettuce, Potato salad, Broccoli, Celery, Cucumbers, Peaches, Pineapple	25  Omelet, Toast, Cereal, Fruit, Juice  Chicken strips, Broccoli w/Cheese, Mixed lettuce, Cottage cheese, Carrots, Celery, Peppers, Applesauce, Mandarin oranges	26  <b>No School Thanksgiving</b>	27  <b>No School</b>	28
29  <b>All bread products are whole grain</b>  <b>Menu may change due to availability</b>	30  English muffin, Cereal, Fruit, Yogurt parfaits  Grilled Chicken/Bun, Baked beans, Mixed lettuce, Cabbage salad, Broccoli, Carrots, Tomato, Peaches, Pineapple					<b>USDA is an equal opportunity provider</b>