

November 1	November 2	November 3	November 4	November 5	Menu subject to change <i>Build a Better Breakfast</i> Start with 1 Fruit Include: 1 or 2 Grains Your meal must have a Fruit + 2 components Students will have Free Breakfast and Lunch Choice of Milk FF Chocolate, 1% White
Breakfast Cereal & Pop Tart or Yogurt Pineapple Tidbits Orange or Apple Juice Assorted Milk Lunch Chicken Tenders French Fries & Broccoli Applesauce Chocolate or White Milk	Breakfast Cinnamon Roll w/Drizzle Frosting Applesauce Orange or Apple Juice Assorted Milk Lunch Turkey & Cheese Sandwich Lettuce & Tomato, Carrots & Chips Pineapple Tidbits Chocolate or White Milk	Breakfast Pancakes w/Sausage Oranges Orange or Apple Juice Assorted Milk Lunch Walking Tacos w/Salsa Lettuce & Tomato & Mixed Veggies Mandarin Oranges Chocolate or White Milk	Breakfast Cereal or Pop Tart or String Cheese Bananas Orange, Apple Juice or Milk Lunch Chicken Patty Sandwich Smiley Fries & Baked Beans Diced Pears Chocolate or White Milk	Breakfast French Toast Sticks w/ Syrup Diced Peaches Orange or Apple Juice Assorted Milk Lunch Pizza Green Beans & Romaine Salad Fruit Cocktail Chocolate or White Milk	
November 8 Breakfast Cereal, Pop Tart or Nutrigrain Bar Diced Peaches Orange or Apple Juice Chocolate or White Milk Lunch Grilled Ham & Cheese Tator Tots & Veggie Tray Diced Peaches Chocolate or White Milk	November 9 Breakfast Blueberry Muffin Applesauce Orange or Apple Juice Assorted Milk Lunch Meatball Sandwich Corn & Romaine Salad Fruit Cocktail Chocolate or White Milk	November 10 Breakfast Pancakes w/Sausage and Syrup Bananas Orange or Apple Juice Assorted Milk Lunch Hot Dog on Bun Baked Beans, Carrots & Celery Diced Pears Chocolate or White Milk	November 11 Breakfast Egg & Cheese on English Muffin Mandarin Oranges Orange or Apple Juice Assorted Milk Lunch Chicken Tenders w/Roll Mash Potatoes & Mixed Veggies Mandarin Oranges Chocolate or White Milk	November 12 Breakfast Cereal & Fruit Grain Bar or Pop Tart Applesauce Orange or Apple Juice Assorted Milk Lunch Cheese Sticks w/Marinara Sauce Green Beans & Carrots Applesauce Chocolate or White Milk	Milk Price .35 Adult Prices \$3.40 WHAT A DEAL! Eat with us!
November 15 Breakfast Cereal, Pop Tart or Yogurt Pineapple Tidbits Orange or Apple Juice Assorted Milk Lunch Nachos w/Chic & Cheese & Salsa Refried Beans & Corn Lettuce & Tomato & Diced Peaches Chocolate or White Milk	November 16 Breakfast Cinnamon Roll w/Drizzle Frosting Applesauce Orange or Apple Juice Assorted Milk Lunch Chicken Tender w/Roll French Fries & Carrots Mandarin Oranges Chocolate or White Milk	November 17 Breakfast Pancakes w/Sausage and Syrup Oranges Orange or Apple Juice Assorted Milk Lunch Cheese Ravioli w/Sauce Green Beans, Salad & Breadsticks Applesauce Chocolate or White Milk	November 18 Breakfast Cereal or Pop Tart String Cheese Bananas Orange or Apple Juice Assorted Milk Lunch Fish Nuggets Tator Tots & Fresh Broccoli Fruit Cocktail Chocolate or White Milk	November 19 Breakfast French Toast Sticks w/ Syrup Diced Peaches Orange or Apple Juice Assorted Milk Lunch Pizza Mixed Veggies & Romaine Salad Diced Pears Chocolate or White Milk	Build a DELICIOUS Lunch Start with 1-2 Fruits and/or 1-2 Vegetables Include: Entrée of Meat and Whole Grains and a Choice of Milk Your meal must include: 1/2 cup vegetable and or 1/2 cup of fruit+G38:K38 and 2 other components
November 22 Breakfast Cereal & Fruit Grain Bar or Pop Tart Diced Peaches Orange or Apple Juice Assorted Milk Lunch Cheeseburger or Hamburger French Fries, Lettuce & Tomato Diced Peaches Chocolate or White Milk	November 23 Breakfast Blueberry Muffin Applesauce Orange or Apple Juice Assorted Milk Lunch Spaghetti w/Meat Sauce Broccoli & Romaine Salad Fruit Cocktail Chocolate or White Milk	November 24 Breakfast Pancakes w/Sausage and Syrup Bananas Orange or Apple Juice Assorted Milk Lunch Chicken & Cheese Tacos w/Salsa Lettuce/Tomato, Ref. Beans & Corn Diced Pears Chocolate or White Milk			Adult Prices \$3.40
November 29 Thanksgiving Break 	November 30				