

# November

# Breakfast Menu

## Fruits

Choose from a variety of fruits to start your morning off right


## Grains

Choose from a variety of dry cereal, toast bagel, English muffin or try a cereal bar.

## Milk and Juice

You can also choose white or chocolate milk and a variety of fruit juices including apple, cranberry, grape and orange-pineapple.




thanksgiving  
gather  
thankful family  
blessed grateful  
together blessings  
november

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Waffle Sticks	2 Breakfast Quesadilla
5 Boiled Egg Sausage Pattie Hashbrowns	6 English Muffin Breakfast Pizza	7 Breakfast Enchiladas	8 French Toast Sticks	9 Sausage Pancake
12 Kangaroo Sandwich	13 Grilled Cheese Breakfast Sandwich	14 Pancakes Sausage Pattie Or	15 PB&J Graham	16 Breakfast Pizza
				
26 Scrambled Egg Bacon	27 Cinnamon Roll	28 Chorizo Breakfast Taco	29 French Toast	30 BLT Toast

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# Lunch Menu


There is a variety of milk and juice available at each meal as well as a variety of fruits to choose from.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Korean Beef Bowl Or Mexican Style Shredded Pork Seasoned Cauliflower Breadstick	2 Chicken Strips Mashed Potatoes/Gravy Asparagus Texas Toast
5 Spaghetti and Meat Sauce Or Chicken Manicotti Steamed Carrots Breadstick	6 Green Or Red Enchiladas Refried Beans Spanish Rice	7 Bear Burger Or Hot Dog Sweet Potato Waffle Fries Baked Beans	8 Beef Or Pork Roast Roasted Veggies Wheat Roll	9 Beef Or Chicken Fajitas Refried Beans Spanish Rice
12 Variety of Pizza Seasoned Peas	13 Grilled Salmon Or Fish Nuggets Potato Salad Cauliflower w/Cheese Sauce Breadsticks	14 <i>TURKEY OR HAM MASHED POTATOES YAMS, DRESSING GREEN BEANS PUMPKIN OR APPLE PIE</i>	15 Hot Dog Or Corn Dog Waffle Fries Seasoned Broccoli	16 Stromboli Seasoned Green Beans Steamed Carrots
				
26 Salisbury Steak Or Steakfingers Mashed Potatoes/Gravy Parmesan Brussel Sprouts Wheat Roll	27 Chicken Salad Or Club Sandwich Sweet Potato Waffle Fries Coleslaw	28 Lasagna Or Spaghetti w/Meat Sauce Seasoned Broccoli Capri Blend Vegetables Breadstick	29 Ham and Cheese Or Turkey and Cheese Panini Tater Tots Glazed Carrots	30 Taco Salad Seasoned Corn

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# Dinner Menu

There is a variety of milk and juice available at each meal as well as a variety of fruits to choose from.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Wheat Roll	<p>TURKEY SWEATERS CRANBERRIES GRAVY MASHED POTATOES CRACKLING FIREYAMS LAUGHTER FOOTBALL LOVE TOGETHERNESS PUMPKIN PIE CORN FALLING LEAVES HAY RIDES NOVEMBER</p>
5 Sausage Red Beans Rice Wheat Roll	6 Variety of Pizza Seasoned Green Beans	7 Steakfingers Mashed Potatoes/Gravy Capri Blend Mixed Veggies	8 Tamale Taquitos Spanish Rice Seasoned Corn	
12 Breaded Chicken Sandwich Steak Fries Seasoned Green Beans	13 Chimichanga w/Cheese Sauce Refried Beans Seasoned Broccoli	14 Grilled Ham & Cheese Sandwich Sweet Potatoes Waffle Fries Seasoned Peas	15 Chicken Penne Pasta Asparagus Spears Breadstick	
				
26 Super Nachos Refried Beans	27 Meatball Sub Tater Tots Seasoned Peas	28 Chicken Bacon Ranch Sandwich Macaroni and Cheese Cal. Vegetable Blend	29 Green Chili Pork Tacos Pinto Beans	