


November

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu subject to change without notice!</p> <p>All meals served with FF or Skim milk!</p> <p>Chef Salad (7-12) or PBJ, Ham, or Turkey sandwiches available Monday – Thursday as an alternate to the main entrée.</p> <p>These sandwiches can also be purchased a la carte.</p>		<p>1</p> <p>French Toast (363) w/ Syrup (20) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Chicken Patty (281) Mashed Potatoes (110) w/ Gravy (35) Fruit</p>	<p>2</p> <p>Biscuit & Sausage Gravy (273) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Pulled Pork (100) WG Bun (120) Baked Beans (150) Pears (60)</p>	<p>3</p> <p>Pancake (180) & Ham (190) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Chicken Alfredo (344) Steamed Broccoli (27) Banana (105)</p>
<p>6</p> <p>Sausage on/ Stick (190) w/ Syrup (20) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Cheeseburger (265) WG Bun (120) Tater Gems (160) Peaches (59)</p>	<p>7</p> <p>Cheese Omelet (180) w/ Toast (70) Hash Brown (143) Juice (60) *Cereal (110)</p> <hr/> <p>Chicken Nuggets (270) Green Beans (25) Pears (60) WG Cookie (90)</p>	<p>8</p> <p>French Toast (363) w/ Syrup (20) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Grilled Cheese (278) Tomato Soup (105) Broccoli w/ Ranch (101) Grapes (31)</p>	<p>9</p> <p>Biscuit & Sausage Gravy (273) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Beef Fingers (241) Buttered Corn (70) Applesauce (50) Garlic Biscuit (233)</p>	<p>10</p> <p>Muffin (190) Sausage (82) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Spaghetti (270) Garden Salad (10) Banana (105)</p>
<p>13</p> <p>Sausage on/ Stick (190) w/ Syrup (20) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Beef Stroganoff (250) Peas (59) Peaches (60)</p>	<p>14</p> <p>Cheese Omelet (180) w/ Toast (70) Hash Brown (143) Juice (60) *Cereal (110)</p> <hr/> <p>Chicken Patty (281) WG Bun (120) Cauliflower (20) Strawberries (24)</p>	<p>15</p> <p>French Toast (363) w/ Syrup (20) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Hot Ham&Cheese (270) Carrots w/ Ranch (41) Grapes (31)</p>	<p>16</p> <p>Biscuit & Sausage Gravy (273) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Roasted Turkey (140) Mashed Potatoes (110) w/ Gravy (35) Hot Roll (90) Cherry Crisp (196)</p>	<p>17</p> <p>Pancake (180) & Ham (190) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Hot Dog (170) on WG Bun (110) Chips (160) Carrots w/ Ranch (41) Apple (95)</p>
<p>20</p> <p>Sausage on/ Stick (190) w/ Syrup (20) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Pepperoni Pizza (270) Garden Salad (10) Orange (45)</p>	<p>21</p> <p>Cheese Omelet (180) w/ Toast (70) Hash Brown (143) Juice (60) *Cereal (110)</p> <hr/> <p>Bologna Sandwich (215) Broccoli w/ Ranch (101) Grapes (31)</p>	<p>22</p> <p style="text-align: center;">No School</p>	<p>23</p> <p style="text-align: center;">  HAPPY THANKSGIVING! </p>	<p>24</p> <p style="text-align: center;">No School</p>
<p>27</p> <p>Sausage on/ Stick (190) w/ Syrup (20) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Popcorn Chicken (230) Cheesy Potatoes (70) Green Beans (20) Apple (95)</p>	<p>28</p> <p>Cheese Omelet (180) w/ Toast (70) Hash Brown (143) Juice (60) *Cereal (110)</p> <hr/> <p>Crunchy Beef Taco (299) Lettuce, Cheese (84) Mexican Corn (80) Grapes (31)</p>	<p>29</p> <p>French Toast (363) w/ Syrup (20) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Ravioli (250) Green Beans (20) Tropical Fruit (60)</p>	<p>30</p> <p>Biscuit & Sausage Gravy (273) Fruit Juice (60) *Cereal (110)</p> <hr/> <p>Chili w/ Crackers (107) Cheese Stick (110) Celery w/ Ranch (76) Orange (45)</p>	<p style="text-align: center;">  Menu includes the calorie count of the food item and appears in (). </p>

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