



November 2017

(Students \$0.00; Adults \$1.90)

# BREAKFAST CHOICES

**DAILY CHOICES:** Bagel w/ Cream Cheese, Assorted Cold Cereal and Oatmeal w/ Toast  
**1% & SKIM WHITE MILK**

**A VARIETY OF FRESH AND CANNED FRUIT WILL BE OFFERED.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Breakfast Pizza Breakfast Round	Fruit Yogurt Parfait  Sausage & Cheese Muffin	No School
6	7	8	9	10
French Toast Sticks  Sausage & Cheese Muffin	Pancake on a Stick  Egg & Cheese Muffin	No School	No School	No School
13	14	15	16	17
French Toast Sticks  Sausage & Cheese Muffin	Pancake on a Stick  Egg & Cheese Muffin	Breakfast Pizza Breakfast Round	Fruit Yogurt Parfait  Sausage & Cheese Muffin	Cinnamon Roll  Ham & Cheese Muffin
20	21	22	23	24
French Toast Sticks  Sausage & Cheese Muffin	Pancake on a Stick  Egg & Cheese Muffin	No School	No School	No School
27	28	29	30	
Fresh Toast Sticks  Sausage & Cheese Muffin	Pancake on a Stick  Egg & Cheese Muffin	Breakfast Pizza Breakfast Round	Fruit Yogurt Parfait  Sausage & Cheese Muffin	<p><b>Breakfast Includes the following 4 Components:</b>  <b>Grains/Fruits</b>  <b>Vegetables/Dairy</b>  <b>You Must choose Three of the Four Components and One Must be a ½ Cup Fruit or Vegetable.</b></p>

*Menu is subject to change  
 This Institution is an Equal Opportunity Provider.*



November 2017

(Students \$0.00; Adults \$3.40)



**EVERYDAY CHOICES**

**Build Your Own Nachos**  
*Beef Taco Meat, Chicken Fajita Meat  
 or Vegetarian Refried Beans*



**Mon: Cheese, Pep, Hawaiian**  
**Tues: Cheese, Pepperoni**  
**Weds: Cheese, Pep, Meat Lovers**  
**Thurs: Cheese, Pepperoni**  
**Fri: Cheese, Pepperoni, Taco**



**DELI  
 EVERYDAY CHOICES**

Specialty Sandwiches and  
 Daily Featured Salads  
 w/Fruit and Vegetables



**DAILY OFFERING BAR  
 WITH LUNCH CHOICES**

Locally Grown Seasonal Fresh  
 Fruit and Vegetables, plus Apples,  
 Oranges, Garden Salad  
 Greens and Low Fat or Fat Free  
 Milk



**EVERYDAY CHOICES**  
**All w/ Oven Baked Curly Fries**  
**Hamburger/ Cheese Burger**  
**Crispy/Spicy Chicken Sandwich**  
**Chicken Nuggets**  
**Corn Dog**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		BBQ Pork Sandwich	Country Style Chicken Bowl	No School
6	7	8	9	10
Spaghetti w/ Meat Sauce	General Tso's Chicken Rice Bowl	No School	No School	No School
13	14	15	16	17
Chicken Drumstick with Roll	Orange Chicken Rice Bowl	BBQ Pork Sandwich	Thanksgiving Dinner	Cheesy Breadsticks w/ Marinara Sauce
20	21	22	23	24
Spaghetti w/ Meat Sauce	General Tso's Chicken Rice Bowl	No School	No School	No School
27	28	29	30	
Chicken Drumstick with Roll	Orange Chicken Rice Bowl	BBQ Pork Sandwich	Country Style Chicken Bowl	



To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice)

