

November 2,9,16,23	November 3,10,17,24	November 4,11,18	November 5,12,19	November 6,13,20
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	\$1.00 for preK-5 grade	\$1.25 for Middle and High		Staff \$2.00 Visitor \$2.50
Cereal Toast Juice and/or fruit Milk	Biscuit with Jelly or Meat Biscuit Fruit or Juice Milk	Pancakes or French Toast Fruit or Juice Milk	Biscuit w/ Jelly or Meat Biscuit Juice or Fruit Milk	Cereal and Toast Juice or Fruit Milk
Lunch	Elementary \$1.75	Middle \$2.00	High School \$2.25	Staff \$3.00 Visitor \$3.75
Pork Roast Mashed Potatoes Seasoned Green Beans Applesauce Whole Grain Rolls Milk Variety	Deli Ham Sandwich on Whole Grain Bread Lettuce and Tomato/Salad Whole Kernel Corn Sliced Fruit Milk Variety	Hamburger on Whole Grain Bun Lettuce/Tomato Oven Fries/Wedges Fresh Orange Sections Milk Variety	Chicken Nuggets Macaroni and Cheese Spinach and Lettuce Salad Bananas Milk Variety	Pizza and Manager Selection for Fruits and Vegetables Milk Variety (Our Pizza is made with reduced fat cheese and may be a whole grain product. It meets or exceeds the recommended guidelines for school meals and is the most popular item on our menu)
Baked Ham Slices Seasoned Green Beans Buttered Whole Kernel Corn Applesauce Baked Rolls Milk Variety	Turkey Deli Sandwich w/ Lettuce and tomato on whole grain bread Fries or Potato Rounds Peaches or Pears in juice Milk Variety	Breakfast for Lunch Yogurt with Strawberries Student Favorites Hashrounds Cereal with Milk Juice, Banana, Oranges Milk Variety	Hamburger on Whole Grain Bun Lettuce/Tomato Cheesy Potatoes Bananas or Fresh Fruit Milk Variety	Pizza and Manager Selection for Fruits and Vegetables Milk (Our Pizza is made with reduced fat cheese and may be a whole grain product. It meets or exceeds the recommended guidelines for school meals and is the most popular item on our menu)
Spaghetti with Meat Sauce and Noodles Shredded Lettuce Salad Peaches in Juice Garlic Bread Milk Variety	Crispitos or Tacos with meat and cheese Buttered Whole Kernel Corn Pinto Beans Applesauce Milk Variety	Hot Dog or Corn Dog Oven Fries Cole Slaw or Salad Fresh Oranges Milk Variety	Thanksgiving Meal	Pizza and Manager Selection for Fruits and Vegetables Milk Variety Fall Celebration Cake (Our Pizza is made with reduced fat cheese and may be a whole grain product. It meets or exceeds the recommended guidelines for school meals and is the most popular item on our menu)
Cook's Recipe Chili with Crackers or Cornbread Baked Potatoes Carrot, Tomato, and Celery Sticks with Buttermilk Dressing Dip Fruit Juice Milk Variety	Barbeque Chicken Sandwich on Whole Grain Bun Chopped Lettuce and Spinach With Ranch Dressing Mashed Potatoes Fruit Juice Milk Variety			

Milk is always offered at every meal. Fresh fruit or vegetable is served a minimum of 2 times a week. Substitutions and additions can occur.

USDA approved lunch is considered to be three selections from the following: meat, bread, milk, two fruit or fruit juice/vegetable. USDA approved breakfast is considered to be three selections from the following: meat or bread, milk, fruit or fruit juice. We encourage the consumption of all five components at lunch, and all four at breakfast.

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