

November 2009

4th-12th Grade

A variety of milk offered daily. Special diets are available with a doctor's note and menu. Offer vs Serve is implemented.

Monday	Tuesday	Wednesday	Thursday	Friday	
2-Nov Cereal or Cinn Glzd Toast Fruit/Juice Lasagna Chicken Nuggets Green Beans Breadstick Fruit	3-Nov Cereal or Egg Patty/Biscuit Fruit/Juice Cheese Quesadilla or Philly Chs Stk on Bun Pinto Beans/Spanish Rice Lettuce / Tomato Fruit	4-Nov Cereal or Cinnamon Roll Ch Toast/Fruit/Juice Rib B Que or Meatball Sandwich Peas & Carrots Fruit Carrot Sticks Cookie	5-Nov Cereal or Eggs Toast / Sausage Link Fruit/Juice Pizza, Cheese Salad Corn Fruit	6-Nov Cereal or Muffin Toast Fruit / Juice EARLY RELEASE Ham/Ch Sandwich Pretzels Pickles Spears Fruit Cookie	
9-Nov Cereal or Brk Pizza Fruit/Juice Popcorn Chicken or Chicken Spaghetti Green Beans Fruit Bread Stick	10-Nov Cereal or Brk Burrito Graham Cracker Fruit/Juice Frito Pie or Chili w/Crackers Pinto beans Salad Spanish Rice Fruit	11-Nov Cereal or Cinnamon Roll Ch Toast/Fruit/Juice Hot Dog/Chili Dog or Ham & Cheese Sandwich Carrot Sticks Veggie Beans Fruit	12-Nov Cereal or Eggs Toast / Sausage Link Fruit/Juice Pizza, Pepperoni Salad Corn Fruit	13-Nov Cereal or Muffin Toast Fruit / Juice Hamburger/Cheeseburger Tater Tots Lettuce / Tomato Fruit	
16-Nov Cereal or French Toast Stick Fruit/Juice Fish Shapes or Chicken Taco Chili Beans Lettuce/Tomato Fruit Cookie	17-Nov Cereal or Omelet Toast Fruit/Juice Chicken Parmesan or Taco Burger Pinto Beans Spanish Rice Fruit Ice Cream	18-Nov Cereal or Cinnamon Roll Ch Toast/Fruit/Juice Corndog or Ham & Cheese Sandwich Veggie Beans Carrot Sticks Fruit	19-Nov Cereal or Muffin Toast Fruit / Juice Turkey/Dressing Green Beans Hot Roll Fruit Salad / Juice Spice Cake	20-Nov Cereal or Eggs Toast / Sausage Link Fruit/Juice Hamburger/Cheeseburger Cheetos Lettuce / Tomato Pickle Spears Fruit Cookie	
23-Nov Cereal or Pancakes Fruit/Juice Chicken & Noodles or Zesty Cheese Rolls Breadstick Green Beans Fruit	24-Nov Cereal or Egg/Ham McMuffin Fruit/Juice Turkey/Ch Sandwich Sun Chips Orange Wheels Cookie	25-Nov Thanksgiving Holiday			26-Nov 
30-Nov Cereal or Waffles Fruit/Juice BBQ Beef Sandwich or Grld Cheese Sandwich Baked Beans Peas & Carrots Fruit Cookie					

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