

November 2009

Su	Mon	Tue	Wed	Thu	Fri	Sat	
1	<i>2 Breakfast:</i> Sausage Links, Pancakes, Fruit/Juice, Milk <i>Lunch:</i> Spaghetti, Meatballs, Cheesy Breadstick, Fruit & Salad Bar, Milk	<i>3 Breakfast:</i> Cereal, Toast, String Cheese, Fruit/Juice, Milk <i>Lunch:</i> Chicken Fried Steak, Mashed Potatoes, Gravy, Roll, Fruit & Salad	<i>4 Breakfast:</i> Strudel, Yogurt, Granola, Fruit/Juice, Milk. <i>Lunch:</i> Crisпитos, Refried Beans, or Deli Sandwich, Fruit & Salad Bar, Milk	<i>5 Breakfast:</i> Sausage Patty, Biscuit, Gravy, Fruit/Juice, Milk <i>Lunch:</i> Burrito, Tater Kickers or Deli Sandwich, Fruit	<i>6 Breakfast:</i> Cinnamon Roll, Peaches, String Cheese, Fruit/Juice, Milk <i>Lunch:</i> Chicken Nuggets, or Shrimp Poppers, Fries, Fruit and Salad Bar, Milk	7	
8	<i>9 Breakfast:</i> Breakfast Pizza, Fruit/Juice, Milk <i>Lunch:</i> Tomato Soup, Grilled Cheese Sandwiches, Fruit & Salad Bar, Milk	<i>10 Breakfast:</i> Bagels, Yogurt, Granola, Fruit/Juice, Milk <i>Lunch:</i> Pizza Pocket, Corn or Deli Sandwich, Fruit & Salad Bar, Milk	11 NO SCHOOL	12 NO SCHOOL	13 NO SCHOOL	14	
15	<i>16 Breakfast:</i> Sausage Links, Waffle Dippers, Fruit/Juice, Milk <i>Lunch:</i> Chicken Strips, Tater Kickers, Fruit & Salad Bar,	<i>17 Breakfast:</i> Chocolate Chip Muffin, String Cheese, Fruit/Juice, Milk <i>Lunch:</i> Taco Soup, Cheesy Breadstick or Deli Sandwich, Fruit & Salad Bar, Milk	<i>18 Breakfast:</i> Maple Bar, Yogurt, Granola, Fruit/Juice, Milk <i>Lunch:</i> Nachos, Refried Beans, or Deli Sandwich, Fruit & Salad Bar, Milk	<i>19 Breakfast:</i> Cereal, Probball, String Cheese, Fruit/Juice, Milk <i>Lunch:</i> Thanksgiving Dinner– Turkey, Gravy, Stuff-	<i>20 Breakfast:</i> Sausage Patty, Biscuit, Fruit/Juice, Milk <i>Lunch:</i> Pizza, Fries, Fruit & Salad Bar, Milk	21	
22	<i>23 Breakfast:</i> Breakfast Burrito, Fruit/Juice, Milk <i>Lunch:</i> Chicken Taco Salad, Refried Beans, Fruit & Salad Bar, Milk	<i>24 Breakfast:</i> Strudel, Yogurt, Granola, Fruit/Juice, Milk <i>Lunch:</i> Burrito, Fries or Deli Sandwich, Fruit & Salad Bar, Milk	<i>25 Breakfast:</i> Breakfast Pizza, Fruit/Juice, Milk <i>Lunch:</i> Corndog, Tater Kickers, Apple, Milk EARLY RELEASE	26 NO SCHOOL	27 NO SCHOOL THANKSGIV-	28	
29	<i>30 Breakfast:</i> Sausage Patty, Egg, Biscuit, Fruit/Juice, Milk <i>Lunch:</i> Chicken & Rice Soup, Roll, Fruit & Salad Bar, Milk	Children with a Sack Lunch from home can purchase milk at school for \$.25. Salad Bar, offered daily, may include: Veggies, fresh fruit in season, chilled or dried fruit, cheese, dressings, sunflower seeds, diced ham or turkey. All canned fruit is drained to lower sugar intake. Some products may have been made in a plant that also manufactures products containing tree nuts or peanuts.					